# The Pancake Cookbook

227 Recipes

Herman Pancakes	1
Finnish Kropser (Baked Pancakes)	2
Pancakes I	3
Ginger Pancakes	4
Danish Oven Pancake (Aeggekage)	5
Louisiana Sweet Potato Pancakes	6
Beghrir (Moroccan Pancakes)	7
Fluffy Canadian Pancakes	8
Potato Pancakes	9
Banana Pancake Muffins	10
Beer Pancakes	11
Skillet Strawberry Pancake	12
Fast and Easy Pancakes	13
Crispy Potato Pancakes	14
Grandma's Gingerbread Pancakes	15
Blueberry Cornmeal Pancakes	16
My-Hop Pancakes	17
Oatmeal Pancakes II	18
Aunt Edith's Baked Pancake	19
Sweet Potato Pancakes	20
German Puff Pancakes	21
Kimchi Jun (Kimchi Pancake) and Dipping Sauce	22
Fluffy Pancakes	23
Veronica's Apple Pancakes	24
International Pancakes	25
Pumpkin Pancakes	26
Golden Pancakes	27
Good Old Fashioned Pancakes	28
Sourdough Buckwheat Pancakes	29
Sweet Potato Pancakes	30
Peanut Butter Pancakes	31
Baked Pancake Squares	32
Barbarella's German Pancakes	33
Mom's Oatmeal Blueberry Pancakes	34
German Pancake	35

World's Best Vegan Pancakes	36
Ricotta Cheese Pancakes	37
Lighter Chocolate Chip Pancakes	38
Norwegian Pancakes - Pannekaken	39
Rice Flour Pancakes	40
Cottage Cheese Pancakes	41
Leftover Pancake Breakfast Sandwich	42
Todd's Famous Blueberry Pancakes	43
Gingerbread Pancakes	44
Apple Sausage Pancakes	45
Yeast Pancakes	46
Eggnog Pancakes	47
Banana Split Oat Bran Pancakes	48
Orange Whole Wheat Pancakes	49
Tasty Buckwheat Pancakes	50
Authentic Potato Pancakes	51
Soy Milk Pancakes	52
Old-Fashioned Potato Pancakes	53
Homemade Pancake Syrup	54
Italian Potato Pancake	55
Jack-O-Lantern Pumpkin Pancakes	56
Fluffy Pancakes with Wheat Germ and Applesauce	57
Vegetable Pancake	58
Savory Rice Pancakes	59
My Mother's Pancakes	60
Sausage-Broccoli Puff Pancake	61
Zucchini Pancakes	62
Amaranth Pancakes	63
Buttermilk Pancakes II	64
Hash Brown Apple Pancake	65
Pancake and Sausage Casserole	66
Strawberry Vanilla Pancakes	67
Apple Pancake Tier	68
Chunky Monkey Pancakes	69
Rice Pancakes	70

Blueberry Flax Pancakes	71
Bramboracky (Czech Savory Potato Pancakes)	72
Zucchini and Onion Pancake	73
Apple Yogurt Pancakes	74
Banana-White Chocolate Pancakes	75
Oatmeal Pancakes	76
Grain and Nut Whole Wheat Pancakes	77
Homemade Pancake Mix	78
Dairy Free Whole Wheat Pancakes	79
German Pancakes I	80
Apple Cider Pancakes	81
Jalapeno Appetizer Pancakes	82
Oatmeal Chocolate Chip Pancakes	83
Swiss Cheese Potato Pancakes	84
Cheeseburger Pancakes	85
Cinnamon Pancakes in a Jar	86
Whole Wheat Apple Pancakes with Brown Sugar Glaze	87
Thin Egg Pancakes	88
Pumpkin Pancakes	89
Pumpkin Pancakes	90
Rooibos Brulee Pancakes	91
Pikelets (Scottish Pancakes)	92
Overnight Raisin Oatmeal Pancakes	93
Chinese Noodle Pancakes with Asparagus	94
German Pancakes II	95
Dosas (Indian-style Pancakes)	96
Pecan-Oatmeal Pancakes	97
Chocolate Pancakes	98
Whole Wheat Pancakes	99
Fluffy Pancakes	100
Easy Vegan Whole Grain Pancakes	101
Complete Pancake Mix	102
Delicious Stuffed Potato Pancakes	103
Oatmeal and Wheat Flour Blueberry Pancakes	104
Buttermilk Pancakes I	105

Crispy Mashed Potato Pancake	106
Potato Pancakes II	107
Potato Pancakes III	108
Gingerbread Pancakes	109
Banana Brown Sugar Pancakes	110
Pumpkin Pancakes with Nutmeg Whipped Cream	111
German Potato Pancakes	112
Banana Pancakes with Berries	113
Aebleskiver (Danish Pancakes)	114
Vegan Pancakes	115
Ellen Szaller's Mashed Potato Pancakes	116
Peanut Butter Feather Pancakes	117
Apple Puff Pancake	118
Mom's Applesauce Pancakes	119
Sourdough Pancakes	120
Confetti Potato Pancakes	121
Mexican Potato Pancakes	122
Gingery Mung Bean Sprouts Pancake	123
Pancake Stack with Syrup	124
Whole Grain Pancakes	125
Baked Pancakes with Sausages	126
Yeast Pancakes	127
Overnight Pancakes	128
Country Crunch Pancakes	129
Cinnamon Apple Pancakes	130
The Most Incredible Pancake Bites Ever	131
Oatmeal Pancakes I	132
Golden Penny Pancakes	133
Fruity Pancakes	134
Blueberry Pancakes	135
Anne's Potato Pancakes	136
Spinach Pancakes	137
Potato Pancakes I	138
Truck-Stop Buttermilk Pancakes	139
Maple Bacon Pancake	140

Savory Filled Cottage Cheese Pancakes	141
Sunday Morning Lemon Poppy Seed Pancakes	142
Fancy Pancakes	143
Mom's Buttermilk Pancakes	144
Potato Pancakes	145
Chocolate Chip Pancakes	146
Corned Beef Potato Pancakes	147
Wheat Germ Whole-Wheat Buttermilk Pancakes	148
Ricotta Breakfast Pancakes	149
Golly Gee Gluten-Free Pancakes	150
Volcano Pancake	151
Delicious Gluten-Free Pancakes	152
Blue Cornmeal Pancakes	153
Austrian Pancake	154
Whole Wheat and Quinoa Pancakes	155
Zucchini Pancakes	156
Coconut Pancake Syrup	157
Chocolate Chip Pancakes	158
Ranch Barbecue Pancakes	159
Amish Sourdough Pancakes	160
Swedish Pancakes	161
Banana and Peanut Butter Pancakes	162
Chocolate Chip Pancakes	163
Cheddar Corn Pancakes	164
Corn Muffin Pancakes	165
Sunrise Orange Pancakes	166
Dairy and Gluten-Free 'Buttermilk Pancakes'	167
Apple Puff Pancake	168
Oatmeal Pancakes	169
Cornbread Pancakes	170
Whole Wheat, Oatmeal, and Banana Pancakes	171
Brown Sugar Oatmeal Pancakes	172
LynzzPaige's Kaiserschmarrn (Emperor's Pancakes)	173
Pancakes	174
Fruit-Topped Buttermilk Pancakes	175

Volcano Pancake	176
Banana Nut Pancakes	177
Banana Pancakes II	178
Delicious Pancakes	179
Russian Pancakes - Blini	180
Low-Cholesterol Pancakes	181
Easy Pancakes	182
Absolute Best Pancake Syrup	183
Wild Rice Pancakes	184
Peanut Butter and Jelly Oatmeal Pancakes	185
Sunny Pancakes	186
Corn Potato Pancakes	187
Bob's Cinnamon-Oatmeal Pancakes	188
Whole Wheat Blueberry Pancakes	189
Banana Pancakes I	190
Pancakes II	191
Simple Pancakes	192
Fluffy Vegan Pancakes	193
Pan-Fried Chinese Pancakes	194
Multigrain Pancakes	195
Oatmeal and Applesauce Pancakes	196
Best Buckwheat Pancakes	197
Manicotti Pancakes I	198
Blueberry and Raspberry Pancake Topping	199
Swiss Potato Pancake	200
Cinnamon-Peach Cottage Cheese Pancakes	201
Clark Gable Pancakes	202
Pumpkin Pecan Pancakes	203
Oven Pancake with Apples	204
Awesome Banana Pancakes	205
Parsnip Pancakes	206
Cheater Pancake Syrup	207
Mountain Mama's Potato Pancakes	208
Manicotti Pancakes II	209
Oven Pancakes	210

Baked Apple-Pecan Maple Pancakes	211
Eggnog Pancakes	212
German Pancake with Buttermilk Sauce	213
Kamut® and Coconut Milk Pancakes	214
Sausage-Peach Puff Pancake	215
Country Potato Pancakes	216
Flourless Oatmeal Blueberry Pancakes	217
Pancake and Waffle Mix	218
Easy Swedish Pancakes	219
Dad's Double Whole Grain Pancakes	220
Fillet Pancakes	221
German Apple Pancake	222
Honey Pancake Puff	223
Pineapple Orange Pancakes	224
Maple Pancakes	225
Almond Flour Pancakes	226
Pancakes on the Go	227

#### Herman Pancakes

# Ingredients

1 cup all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons white sugar
1 teaspoon baking powder
1 cup Herman Sourdough Starter
1/3 cup vegetable oil
2 eggs
1/2 cup milk

#### Directions

In a large bowl, mix together flour, baking soda, salt, sugar and baking powder. Add the sourdough starter, oil, eggs and milk; beat well.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Finnish Kropser (Baked Pancakes)

#### Ingredients

3 eggs1/2 cup white sugar1 teaspoon salt2 cups milk1 1/4 cups all-purpose flour1/4 cup butter

#### **Directions**

Preheat oven to 450 degrees F (230 degrees C)

In a medium bowl stir together sugar, flour, and salt. Add eggs and milk. Beat with an electric mixer until blended. Batter will be very thin. Melt butter in the baking pan. Turn the pan to be sure all of the sides are coated then stir the remaining butter into the batter.

Pour batter into the baking pan and bake for 30 minutes. It will puff up when baking, and flatten when cool. Cut into squares and serve.

#### Pancakes I

# Ingredients

1 cup all-purpose flour
1 tablespoon white sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup milk
1 egg
2 tablespoons vegetable oil

#### Directions

Preheat a lightly oiled griddle over medium-high heat.

Combine flour, sugar, baking powder, baking soda and salt. Make a well in the center. In a separate bowl, beat together egg, milk and oil. Pour milk mixture into flour mixture. Beat until smooth.

Pour or scoop the batter onto the hot griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Ginger Pancakes

# Ingredients

2 cups biscuit/baking mix
1 1/2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 egg
1 1/2 cups milk
1/4 cup molasses
LEMON SYRUP:
1/2 cup butter or margarine
1 cup sugar
1/4 cup water
1 egg yolk, beaten
3 tablespoons lemon juice

#### Directions

In a bowl, combine biscuit mix, ginger, cinnamon and cloves. In a small bowl, whisk egg, milk and molasses until blended; stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown. Keep warm.

For syrup, melt the butter in a small saucepan. Stir in the sugar, water, egg yolk and lemon juice. Bring to a boil over medium heat, stirring constantly. Remove from the heat. Serve warm with pancakes.

# Danish Oven Pancake (Aeggekage)

#### Ingredients

#### 8 eggs

- 2 cups milk
- 2 teaspoons white sugar
- 1 1/2 teaspoons salt
- 2 cups all-purpose flour
- 1/2 cup butter
- 2 cups fresh or frozen mixed berries
- 1 tablespoon fresh lemon juice confectioners' sugar for dusting whipped cream, for serving

#### Directions

Whisk together eggs, milk, sugar, and salt until smooth. Whisk in flour until incorporated, then set mixture aside and let stand for 30 minutes.

Preheat oven to 500 degrees F (260 degrees C).

Place butter into a 9x13 inch glass baking dish, and place into the preheated oven until it melts, then brush it all over the insides of the hot dish. Pour batter into hot baking dish and bake in preheated oven for 15 minutes.

Sprinkle with lemon juice, top with berries, and dust with confectioner's sugar; serve immediately with whipped cream.

#### Louisiana Sweet Potato Pancakes

#### Ingredients

3/4 pound sweet potatoes
1 1/2 cups all-purpose flour
3 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon ground nutmeg
2 eggs, beaten
1 1/2 cups milk
1/4 cup butter, melted

#### Directions

Place sweet potatoes in a medium saucepan of boiling water, and cook until tender but firm, about 15 minutes. Drain, and immediately immerse in cold water to loosen skins. Drain, remove skins, chop, and mash.

In a medium bowl, sift together flour, baking powder, salt, and nutmeg. Mix mashed sweet potatoes, eggs, milk and butter in a separate medium bowl. Blend sweet potato mixture into the flour mixture to form a batter.

Preheat a lightly greased griddle over medium-high heat. Drop batter mixture onto the prepared griddle by heaping tablespoonfuls, and cook until golden brown, turning once with a spatula when the surface begins to bubble.

# Beghrir (Moroccan Pancakes)

#### Ingredients

1 cup warm water (115 degrees F/46 degrees C)

1/2 teaspoon active dry yeast

1/2 teaspoon white sugar

1 cup milk

1 cup all-purpose flour

1 cup semolina flour

2 eggs

2 teaspoons baking powder

1 teaspoon salt

#### Sauce:

6 tablespoons butter
3/4 cup honey
1 teaspoon orange-flower

1 teaspoon orange-flower water, or to taste (optional)

#### **Directions**

Place the water, yeast, and sugar in a blender, and let stand without blending for 5 minutes, until the yeast softens and begins to form a creamy foam. Add the milk, flour, semolina flour, eggs, baking powder, and salt. Blend until the mixture is smooth, about 1 minute. Leave the mixture in the blender to rest for about 30 minutes.

Heat a 5-inch nonstick skillet over medium-low heat. Blend the pancake mixture for about 10 seconds, to remix, and scoop 1/4 to 1/3 cup of batter into the heated skillet. Cook the beghrir until bubbles have formed and popped, and the top of the pancake is no longer shiny, about 3 minutes. Do not flip. Adjust the heat as necessary so that the bottoms of the pancakes are just starting to brown when the tops are dry. Blend the batter for 10 seconds or so after cooking 3 or 4 pancakes, to keep the batter fluffy.

To make the sauce, place the butter, honey, and flower-water flavoring in a microwave-safe bowl, and microwave on High setting until the butter is melted and the honey is hot, about 1 1/2 minutes. Stir the sauce, and drizzle about 1 tablespoon over each warm pancake to serve.

# Fluffy Canadian Pancakes

#### Ingredients

#### 1 cup all-purpose flour

- 1 tablespoon baking powder
- 1 cup milk
- 3 egg yolks
- 3 egg whites

#### **Directions**

In a medium bowl, combine flour and baking powder. Stir in milk and egg yolk until smooth.

In a large glass or metal mixing bowl, beat egg whites until stiff peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

# Potato Pancakes

# Ingredients

#### 5 pounds potatoes, peeled

- 1 onion
- 3 eggs, beaten
- 2 1/2 cups dry pancake mix
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 tablespoon vegetable oil

#### Directions

In a food processor grate potatoes and onion. In a large bowl combine potatoes, onions, eggs, pancake mix, salt and pepper.

Heat oil in a large skillet over medium heat. Spoon potatoes into skillet and cook as you would pancakes, for 3 to 4 minutes on each side.

# Banana Pancake Muffins

#### Ingredients

1/2 cup shortening

- 1 cup brown sugar
- 1 egg
- 1 banana, diced
- 3 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/4 cups soy milk

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.

In a large bowl, cream together shortening and sugar. Beat in egg. Blend until banana is completely mixed in, then add flour, baking powder and baking soda. Mix batter with spoon. Stir in soy milk, then spoon into muffin pan. Spoon batter into prepared muffin cups.

Bake in preheated oven for 15 to 20 minutes, until a toothpick inserted into center of muffin comes out clean.

#### **Beer Pancakes**

# Ingredients

# 1 cup sifted all-purpose flour 1/4 cup white sugar 3/4 teaspoon baking powder 1/2 teaspoon salt 1 egg, beaten 1 cup beer 2 tablespoons butter, melted

#### Directions

In a large bowl, stir together the flour, sugar, baking powder and salt. Pour in the egg, beer and melted butter; stir with a whisk just until blended - a few lumps are okay.

Heat a skillet or griddle over medium heat. Coat with vegetable oil or cooking spray. Spoon about 1/4 cup of batter onto the hot surface for each pancake. When bubbles appear on top of the pancakes, flip, and cook until browned on the other side.

# Skillet Strawberry Pancake

#### Ingredients

# 3 large eggs 3/4 cup whole milk 1/2 teaspoon vanilla extract 1/4 cup white sugar 1/4 teaspoon salt 1/2 cup all-purpose flour

2 tablespoons unsalted butter1 cup sliced fresh strawberries

#### Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place the eggs, milk, vanilla extract, sugar, salt, and flour into a blender. Pulse until no dry lumps remain in the batter. Melt the butter in an 8-inch, cast iron skillet over medium-high heat. Pour in the batter, and drop in the strawberries.

Place the skillet into the oven, and bake until puffed and golden, 20 to 25 minutes. Remove from the oven and serve immediately.

# Fast and Easy Pancakes

#### Ingredients

#### 2 cups milk

3/4 cup white sugar

2 eggs

1 teaspoon vegetable oil

1 teaspoon vanilla extract

2 cups all-purpose flour

1 1/2 tablespoons baking powder

#### Directions

Place milk, sugar, eggs, oil and vanilla in the blender. Add flour and baking powder. Blend until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Crispy Potato Pancakes

# Ingredients

2 medium potatoes, peeled
1 egg
1/3 cup chopped onion
1 tablespoon all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder
vegetable oil

#### Directions

Finely grate potatoes; drain any liquid. Place potatoes in a bowl. Add egg, onion, flour, salt, pepper and garlic powder; mix well. In a large skillet, heat 1/8 in. of oil over medium heat. Drop batter by 1/4 cupfuls; press lightly to flatten. Fry until golden brown on both sides. Serve immediately.

# Grandma's Gingerbread Pancakes

# Ingredients

1 1/2 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground dried ginger
1 teaspoon ground cinnamon
1 egg
1/2 teaspoon vanilla extract
1/4 cup molasses
1 1/2 cups water

#### **Directions**

Whisk the flour, baking powder, baking soda, salt, ginger, and cinnamon in a bowl; set aside. Beat the egg in a separate mixing bowl with the vanilla and molasses until smooth. Whisk in the water until completely incorporated. Stir the flour mixture into the molasses mixture until just combined -- a few lumps are okay.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

# Blueberry Cornmeal Pancakes

# Ingredients

1 cup soy milk
1/2 cup water
1 cup whole wheat flour
1/2 cup stone ground cornmeal
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup fresh blueberries
2 tablespoons vegetable oil

#### **Directions**

Preheat oven to 200 degrees F (95 degrees C).

In a small bowl combine the soy milk and water.

In a large bowl, combine the flour, cornmeal, baking powder, baking soda and salt. Stir in the soy milk mixture just until combined. Fold in the blueberries and let the batter sit for 5 minutes.

Lightly oil a skillet or griddle and heat over medium heat. Pour about 1/4 cup of batter onto the hot griddle and cook until pancakes are bubbly on top and edges are slightly dry looking. Turn and cook until pancakes are browned. Transfer to a baking sheet and keep warm in the oven while cooking the remaining batter. Serve warm with syrup or jam.

# My-Hop Pancakes

# Ingredients

#### 1 1/4 cups buttermilk 1/4 cup vegetable oil

1/2 teaspoon vanilla extract

1/4 cup white sugar

1 1/4 cups all-purpose flour

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1 dash salt

1 egg

1 teaspoon lemon juice

1 tablespoon butter, or as needed

#### Directions

Mix the buttermilk, vegetable oil, and vanilla extract in a bowl; stir in the sugar. Whisk in the flour, baking powder, baking soda, and salt, combining the batter with just a few strokes to moisten. Leave the lumps.

In a separate bowl, whisk the egg and lemon juice together; gently stir into the batter. Refrigerate the batter for at least 30 minutes, up to 1 hour.

Heat a large skillet over medium heat and grease with the butter. Pour 1/3 cup of batter per pancake into the skillet and cook until bubbles appear on the surface, about 2 minutes. Flip with spatula and brown the other side, about 2 more minutes.

# Oatmeal Pancakes II

# Ingredients

1/2 cup all-purpose flour
1/2 cup quick cooking oats
1 tablespoon white sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 cup buttermilk
1 teaspoon vanilla extract
2 tablespoons vegetable oil
1 egg

#### Directions

Place flour, oats, sugar, baking powder, baking soda, salt, buttermilk, vanilla, oil and egg in a food processor and puree until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Aunt Edith's Baked Pancake

#### Ingredients

3 eggs
1/2 teaspoon salt
1/2 cup all-purpose flour
1/2 cup milk
2 tablespoons butter or margarine,
softened
confectioners' sugar
Lemon wedges

#### Directions

In a mixing bowl, beat eggs until very light. Add salt, flour and milk; beat well. Thoroughly rub bottom and sides of a 10-in. cast-iron or heavy skillet with butter. Pour batter into skillet. Bake at 450 degrees F for 15 minutes. Reduce heat to 350 degrees F and bake 5 minutes more or until set. Remove pancake from skillet and place on a large hot platter. Dust with confectioners' sugar and garnish with lemon. Serve immediately.

#### **Sweet Potato Pancakes**

#### Ingredients

1 pound sweet potatoes, peeled 1/2 cup all-purpose flour 1 teaspoon baking powder 2 teaspoons white sugar 1 teaspoon brown sugar 2 teaspoons curry powder 1 teaspoon ground cumin 2 eggs, beaten 1/2 cup vegetable oil for frying 1/2 cup milk

#### Directions

Shred the sweet potatoes, and place in a colander to drain for about 10 minutes. In a large bowl, stir together the flour, baking powder, white sugar, brown sugar, curry powder and cumin. Make a well in the center, and pour in eggs and milk. Stir until all of the dry ingredients have been absorbed. Stir in sweet potatoes.

Heat oil in a large skillet over medium-high heat. Drop the potato mixture by spoonfuls into the oil, and flatten with the back of the spoon. Fry until golden on both sides, flipping only once. If they are browning too fast, reduce the heat to medium. Remove from the oil, and keep warm while the other pancakes are frying.

# German Puff Pancakes

#### Ingredients

6 eggs

1 cup all-purpose flour

1 cup milk

1/4 teaspoon salt

1/2 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

2 tablespoons salted butter

#### Directions

Preheat an oven to 375 degrees F (190 degrees C).

Whisk the eggs, flour, milk, salt, vanilla extract, and cinnamon in a bowl; set aside.

Put the butter in a 9x11-inch baking dish. Melt the butter in the preheated oven, making sure it doesn't burn, about 5 minutes. Pour the batter into the baking dish with the melted butter.

Return to the oven and bake until the pancake is puffed and no longer moist in the center, 20 to 25 minutes.

# Kimchi Jun (Kimchi Pancake) and Dipping Sauce

# Ingredients

1 cup kimchi, drained and chopped

1/2 cup reserved juice from kimchi

- 1 cup all-purpose flour
- 2 eggs
- 1 green onion, chopped
- 1 tablespoon vegetable oil salt to taste

1 tablespoon rice vinegar

- 1 tablespoon soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon Korean chili pepper

flakes (optional)

1/2 teaspoon toasted sesame seeds (optional)

#### Directions

Stir together the kimchi, kimchi juice, flour, eggs, and green onion in a bowl.

Heat vegetable oil over medium heat in a large skillet. Using about 1/4 cup of batter for each pancake, pour into skillet, spreading as thin as possible. Cook pancakes until set and lightly browned, turning once, 3 to 5 minutes per side. Season to taste with salt.

Whisk together the rice vinegar, soy sauce, sesame oil, chili pepper flakes, and toasted sesame seeds. Serve with the pancakes.

# Fluffy Pancakes

# Ingredients

3/4 cup milk
2 tablespoons white vinegar
1 cup all-purpose flour
2 tablespoons white sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
2 tablespoons butter, melted cooking spray

#### **Directions**

Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour".

Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl. Whisk egg and butter into "soured" milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

# Veronica's Apple Pancakes

#### Ingredients

1/4 cup butter, melted

- 1 egg
- 1 cup milk
- 1 cup shredded tart apple
- 1 1/4 cups all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon ground cinnamon
- 1 tablespoon white sugar

#### Directions

In a large bowl, combine butter, egg, milk and apple. In a separate bowl, sift together flour, baking powder, cinnamon and sugar. Stir flour mixture into apple mixture, just until combined.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# International Pancakes

#### Ingredients

# 1 1/4 cups all-purpose flour 1/4 cup white sugar

- 1 teaspoon baking powder
- 1 pinch salt
- 1 egg
- 1 1/4 cups buttermilk 1/4 cup vegetable oil

#### Directions

Heat a lightly oiled griddle or frying pan over medium high heat.

In a large bowl, combine flour, sugar, baking powder and salt. Stir in egg, buttermilk and oil until mixture is smooth.

Pour the batter by spoonfuls into the hot pan, forming 5 inch circles. When the edges appear to harden, flip the pancakes. Cook on both sides until golden brown. Serve hot.

# Pumpkin Pancakes

# Ingredients

2 cups all-purpose flour
3 tablespoons brown sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon salt
1 1/2 cups milk
1 cup pumpkin puree
1 egg
2 tablespoons vegetable oil
2 tablespoons vinegar

#### Directions

In a separate bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt, stir into the pumpkin mixture just enough to combine.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Golden Pancakes

# Ingredients

#### 6 eggs

1 cup creamed cottage cheese 1/2 cup all-purpose flour 1/4 cup milk 1/4 cup vegetable oil 1/2 teaspoon vanilla extract 1/4 teaspoon salt

#### Directions

In a blender, combine all ingredients. Cover and process on the highest speed for 1 minutes. Pour batter by 1/4 cupfuls onto a greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

# Good Old Fashioned Pancakes

#### Ingredients

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

#### Directions

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

### Sourdough Buckwheat Pancakes

### Ingredients

2 cups sourdough starter
2 eggs, beaten
1 tablespoon vegetable oil
3 tablespoons white sugar
1/2 teaspoon vanilla extract
1 teaspoon salt
1 cup buckwheat flour
1/2 cup all-purpose flour
1/2 teaspoon baking soda
1 teaspoon ground ginger

### Directions

In a large bowl mix the starter, egg, vegetable oil, sugar and vanilla together. Stir in the salt, buckwheat flour, all-purpose flour, baking soda and ginger. Mix until just combined. Adjust consistency with more flour or some water, depending upon how thick your starter is. The batter should be pourable, but not runny.

Heat a griddle to 400 degrees F (200 degrees C). Lightly grease griddle and ladle 1/4 to 1/3 cup of batter onto hot greased griddle. Cook for about 3 to 4 minutes or until top is full of bubbles. Use a spatula to turnover and cook other side for and additional 2 minutes or so. Serve hot!

### **Sweet Potato Pancakes**

### Ingredients

- 1 (1 pound) sweet potato
- 2 cups rolled oats
- 2 tablespoons olive oil (optional)
- 1 tablespoon dark molasses (optional)
- 4 eggs
- 1 egg white
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon
- 1 cup plain yogurt

### Directions

Pierce the sweet potato a few times with a fork. Wrap in a paper towel and cook in the microwave for 5 minutes at full power, or until tender. Cool slightly, and remove the skin with a small knife.

Meanwhile, process the oats in a blender or food processor until powdery. Transfer the oats to a large bowl. Break the sweet potato into chunks, and place in the food processor. Blend until smooth. Transfer to the bowl with the oats, and stir in the olive oil, molasses, eggs, egg white, vanilla, cinnamon and yogurt. Adjust the thickness to your liking by adding more yogurt if necessary.

Heat a lightly greased skillet over medium heat. Pour 1/4 cupfuls of batter onto the skillet when hot, and cook until bubbles appear on the surface. Flip, and cook on the other side until browned. Continue with remaining batter.

### Peanut Butter Pancakes

### Ingredients

1 cup pancake mix
2 tablespoons sugar
1 egg
1/3 cup peanut butter\*
1 (5 ounce) can evaporated milk
1/3 cup water
HONEY BUTTER:
1/4 cup butter (no substitutes),
softened
2 tablespoons honey

### Directions

In a bowl, combine pancake mix and sugar. In a small bowl, beat egg and peanut butter; add milk and water. Stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a lightly greased medium-hot griddle. Turn when bubbles form on top of pancakes; cook until second side is golden brown. Combine butter and honey in a small bowl. Serve with the pancakes.

### Baked Pancake Squares

### Ingredients

3/4 cup milk
2 tablespoons butter, melted
1/4 cup egg substitute
1 tablespoon white sugar
1 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt

### **Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking dish.

In a large mixing bowl, beat together milk, butter and egg substitute. Add the sugar, then gradually beat the flour in. Carefully stir in the baking powder and salt. Pour batter into prepared pan.

Bake in preheated oven for 30 minutes. Cut into 16 square servings.

### Barbarella's German Pancakes

### Ingredients

### 2 eggs2 tablespoons white sugar3 tablespoons all-purpose flour

### 3/4 cup milk

### Directions

Place the eggs, sugar, flour and milk into the container of a blender. Process until smooth on low speed.

Heat a large skillet or griddle over medium heat. Pour batter about 1/4 cup at a time (or more for larger pancakes). Tilt pan to achieve a round shape. Heat until golden, then flip and brown on the other side. Serve immediately with syrup, or fresh berries and whipped cream.

### Mom's Oatmeal Blueberry Pancakes

### Ingredients

### 1 1/2 cups rolled oats 1/2 cup all-purpose flour 2 teaspoons white sugar 1/4 teaspoon salt 1 1/2 teaspoons baking soda 1 teaspoon baking powder 2 eggs 2 cups buttermilk

1 cup frozen blueberries

### Directions

Heat a lightly oiled griddle or frying pan over medium high heat.

In a large mixing bowl, mix together oats, flour, sugar, salt, baking soda and baking powder. Stir in eggs and buttermilk. Fold in blueberries.

Pour or spoon the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

### German Pancake

### Ingredients

6 eggs 1 cup milk

1 cup all-purpose flour

1/2 teaspoon salt

2 tablespoons butter or margarine,

melted

**BUTTERMILK SYRUP:** 

1 1/2 cups sugar

3/4 cup buttermilk

1/2 cup butter or margarine

2 tablespoons corn syrup

1 teaspoon baking soda

2 teaspoons vanilla extract confectioners' sugar

### Directions

Place the eggs, milk, flour and salt in a blender; cover and process until smooth. Pour the butter into an ungreased 13-in. x 9-in. x 2-in. baking dish; add the batter. Bake, uncovered, at 400 degrees F for 20 minutes.

Meanwhile, in a saucepan, combine the first five syrup ingredients; bring to a boil. Boil for 7 minutes. Remove from the heat; stir in vanilla. Dust pancake with confectioners' sugar; serve immediately with the syrup.

### World's Best Vegan Pancakes

### Ingredients

- 4 cups self-rising flour
- 1 tablespoon white sugar
- 1 tablespoon custard powder
- 2 cups soy milk

### **Directions**

In a large bowl, stir together the flour, sugar and custard powder. Mix in the soy milk with a whisk so there are no lumps.

Heat a griddle over medium heat, and coat with nonstick cooking spray. Spoon batter onto the surface, and cook until bubbles begin to form on the surface. Flip with a spatula and cook on the other side until golden.

### Ricotta Cheese Pancakes

### Ingredients

### 3 tablespoons all-purpose flour 2 teaspoons SPLENDA® Granular 1 teaspoon baking powder 1/4 cup egg substitute 1/2 cup nonfat ricotta cheese 2 ounces fresh blueberries

### Directions

In a bowl, combine flour, Splenda, and baking powder. Stir in egg substitute and ricotta cheese until well blended. Gently fold in blueberries.

Pour 1/4 cup batter onto hot griddle for each pancake. Cook until bubbles form on top, then turn to brown other side. Serve immediately with choice of condiments.

### Lighter Chocolate Chip Pancakes

### Ingredients

cooking spray

1 3/4 cups white whole wheat flour
1/4 cup wheat germ
2 tablespoons baking powder
1 teaspoon salt
1 3/4 cups skim milk
1/4 cup margarine, melted
2 eggs, beaten
3 tablespoons demerara sugar
1/2 cup semisweet chocolate chips

### Directions

Combine flour, wheat germ, baking powder, and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skim milk, melted margarine, eggs, and sugar. Make a well in the center of the dry ingredients; stir in the wet ingredients, being careful not to over mix the batter. Gently fold in the chocolate chips.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until golden brown on the other side.

### Norwegian Pancakes - Pannekaken

### Ingredients

### 3 eggs

1 1/2 cups milk

1 cup all-purpose flour

1/4 teaspoon salt

1 teaspoon sugar

### **Directions**

Combine the eggs and milk in the container of a blender. Add the flour, salt and sugar, and blend until smooth.

Heat a skillet over medium-high heat, and coat with cooking spray or butter. Scoop about 1/4 cup of batter into the skillet, and tilt the pan to coat the bottom. Cook until the top looks dry, about 30 seconds. Carefully slide a spatula under the pancake and flip. Cook for a few seconds on the other side, just until browned. Remove to a plate, and repeat with remaining batter.

### Rice Flour Pancakes

### Ingredients

3 eggs1/2 cup milk1 tablespoon vegetable oil1/2 teaspoon salt1 cup rice flour

### Directions

Beat the eggs in a mixing bowl; stir in the milk, vegetable oil, and salt. Whisk in the rice flour until no dry lumps remain. Cover the bowl and let stand at room temperature for 1 hour or in the refrigerator overnight.

Heat a lightly-oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry. Flip and cook until browned on the other side. Repeat with remaining batter.

### Cottage Cheese Pancakes

### Ingredients

1 cup cottage cheese1/3 cup all-purpose flour2 tablespoons vegetable oil3 eggs, lightly beatencooking spray

### **Directions**

Combine cottage cheese, flour, oil, and eggs in a large bowl.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/3 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

### Leftover Pancake Breakfast Sandwich

### Ingredients

cooking spray

- 1 egg
- 1 slice ham
- 2 leftover buttermilk pancakes
- 1 slice Cheddar cheese
- 2 tablespoons maple syrup

### Directions

Heat frying pan over medium heat and lightly spray with cooking spray. Crack the egg into the pan and break the yolk. Cook the egg to desired firmness. Warm sliced ham in the pan while assembling sandwich.

Toast pancakes in toaster and place one pancake on plate. Place egg on top of pancake. Pour 1 tablespoon of maple syrup over egg, place the cheese on top of egg, and a slice of warmed ham on top of the cheese. Top the sandwich with the second pancake and pour another 1 tablespoon of maple syrup over the top of the sandwich.

### Todd's Famous Blueberry Pancakes

### Ingredients

### 1 1/4 cups all-purpose flour 1/2 teaspoon salt 1 tablespoon baking powder 1 1/4 teaspoons white sugar 1 egg 1 cup milk 1/2 tablespoon butter, melted 1/2 cup frozen blueberries, thawed

### Directions

In a large bowl, sift together flour, salt, baking powder and sugar. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for 1 hour.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

### Gingerbread Pancakes

### Ingredients

cooking spray

3/4 cup milk
1/2 cup cold brewed coffee
1/2 cup butter, melted and cooled
to lukewarm
4 eggs
2 cups all-purpose flour
1 cup whole wheat flour
1 1/8 cups light brown sugar
1 1/2 teaspoons baking soda
1 tablespoon baking powder
1 teaspoon salt

1 1/2 teaspoons ground cinnamon1 1/2 teaspoons ground ginger1/4 teaspoon ground nutmeg1/8 teaspoon ground cloves

### Directions

Whisk together the milk, coffee, butter, and eggs in a bowl until evenly blended; set aside. In a large bowl, stir together the all-purpose flour, whole wheat flour, sugar, baking soda, baking powder, salt, cinnamon, ginger, nutmeg, and cloves; pour the egg mixture into the flour mixture, and stir just until combined. Set aside for 10 to 15 minutes.

Coat the bottom of a large skillet with cooking spray, and place pan over medium heat. Scoop large spoonfuls of batter onto the hot pan, and fry until bubbles appear on the surface. Flip and cook until browned on the other side. Continue with remaining batter.

### Apple Sausage Pancakes

### Ingredients

1/2 pound bulk pork sausage

1 egg

2/3 cup milk

2 tablespoons vegetable oil

1 cup pancake mix

1/2 teaspoon ground cinnamon

1/2 cup shredded peeled apples CIDER SYRUP:

1/2 cup sugar

1 tablespoon cornstarch

1/8 teaspoon pumpkin pie spice

1 cup apple cider

1 tablespoon lemon juice

2 tablespoons butter or margarine

### **Directions**

In a skillet, cook the sausage over medium heat until no longer pink; drain and set aside. In a bowl, beat the egg, milk and oil. Stir in pancake mix and cinnamon just until moistened. Fold in apple and sausage. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles from on top. Cook until second side is golden brown.

For syrup, combine the sugar, cornstarch and pumpkin pie spice in a saucepan. Gradually stir in cider and lemon juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in butter until melted. Serve warm with the pancakes.

### Yeast Pancakes

### Ingredients

melted

## 4 cups all-purpose flour 2 (.25 ounce) packages quick-rise yeast 2 teaspoons sugar 2 teaspoons salt 3 cups warm milk (120 to 130 degrees F) 2 eggs, beaten 1/4 cup butter or margarine,

### Directions

In a mixing bowl, combine the flour, yeast, sugar and salt. Add milk, eggs and butter; beat for 2 minutes. Cover and let rise in a warm place until doubled, about 30 minutes. Pour batter by 1/2 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown.

### Eggnog Pancakes

### Ingredients

2 cups all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
2 eggs
1 1/2 cups eggnog\*
2 tablespoons butter or margarine,
melted

### Directions

In a bowl, combine the flour, baking powder, salt and nutmeg if desired. In another bowl, beat eggs, eggnog and butter; stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

### Banana Split Oat Bran Pancakes

### Ingredients

1 cup oat bran hot cereal, uncooked 1/2 cup PILLSBURY BEST® All Purpose Flour 2 teaspoons baking powder 1 tablespoon sugar and sucralose blend for baking 1/4 teaspoon salt 4 ripe bananas, sliced and divided 1 cup reduced fat milk 1 large egg CRISCO® Original No-Stick Cooking Spray 1/2 cup SMUCKER'S® Strawberry Low Sugar Preserves SMUCKER'S® Hot Fudge Microwaveable Ice Cream Topping, warmed according to package directions (optional)

### **Directions**

Combine oat bran, flour, baking powder, sugar and salt in a small bowl. Mash two ripe bananas; combine with milk and egg. Add the egg mixture to the flour mixture stirring until the ingredients are just combined.

Heat a griddle or large skillet over medium heat. Spray surface with a no-stick spray. Pour a scant 1/4 cup of batter for each pancake onto hot surface. Cook until bubbly; turn and cook remaining side until golden brown.

Melt preserves in a small microwave safe bowl; cook on HIGH for 15 seconds. Stir. Serve pancakes topped with sliced bananas, drizzled strawberry preserves and hot fudge; dollop with whipped topping.

### Orange Whole Wheat Pancakes

### Ingredients

3 egg whites
1 cup orange juice
1/3 cup unsweetened applesauce
1/4 teaspoon orange extract
1 1/4 cups whole wheat flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup orange marmalade

### Directions

In a blender, place the first four ingredients. Cover and process until smooth. In a bowl, combine the flour, sugar, baking powder and salt; make a well. Add orange juice mixture; stir just until moistened.

Pour batter by 2 tablespoonfuls onto a hot griddle coated with nonstick cooking spray. Turn when bubbles form on top of pancake; cook until second side is golden brown. Serve with marmalade.

### Tasty Buckwheat Pancakes

### Ingredients

1/2 cup whole wheat flour
1/4 cup buckwheat flour
1/4 cup all-purpose flour
1/4 cup quick cooking oats
3 teaspoons baking powder
1 cup skim milk
3 tablespoons safflower oil
2 tablespoons honey
1 egg, lightly beaten

### Directions

In a large bowl, stir together wheat flour, buckwheat flour, all-purpose flour, oats, and baking powder. Stir in milk, oil, honey, and egg.

Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides, and serve hot.

### **Authentic Potato Pancakes**

### Ingredients

10 russet potatoes, peeled and shredded

- 1 carrot, peeled and shredded
- 1 onion, finely diced
- 5 cloves garlic, crushed
- 1 tablespoon chopped flat leaf parsley
- 1 tablespoon chopped fresh dill 2 tablespoons fresh lemon juice 1/4 cup olive oil
- 2 tablespoons all-purpose flour 2 cups dry bread crumbs salt and pepper to taste olive oil for frying, as needed

### Directions

Mix potatoes, carrot, onion, garlic, parsley, and dill in a large bowl. Stir in lemon juice, 1/4 cup of olive oil, flour, bread crumbs, salt, and pepper. Knead just until mixture holds together.

Heat the remaining 1/4 cup olive oil in a skillet over medium heat. Working in batches, drop spoonfuls of potato mixture in hot oil. Cook approximately 4 minutes per side, or until golden brown. Serve hot.

### Soy Milk Pancakes

### Ingredients

1 cup all-purpose flour
1 1/2 tablespoons white sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup vanilla soy milk
1 egg, lightly beaten
2 teaspoons vegetable oil
1/2 teaspoon vanilla extract
1/2 teaspoon almond extract

### Directions

In a medium bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. In a small bowl, mix the vanilla soy milk, egg, oil, vanilla extract, and almond extract. Pour the soy milk mixture into the bowl with the flour mixture, and whisk together until smooth.

Grease a skillet, and heat over medium low heat. Pour about 1/4 cup batter onto the heated skillet, and cook until bubbly. Flip with a spatula, and continue cooking about 1 minute, until golden brown. Repeat with the remaining batter.

### **Old-Fashioned Potato Pancakes**

### Ingredients

### 3 cups shredded peeled potatoes 2 eggs, lightly beaten 1/4 cup grated onion 1/4 cup all-purpose flour 3 tablespoons minced fresh parsley 1 teaspoon salt 1 teaspoon pepper

### Directions

Rinse potatoes in cold water; drain thoroughly. In a bowl, mix potatoes, eggs, onion, flour, parsley, salt and pepper. Pour batter by 1/3 cupfuls onto a greased hot griddle. Fry 5-6 minutes on each side or until potatoes are tender and pancakes are golden brown.

### Homemade Pancake Syrup

### Ingredients

### 3/4 cup packed brown sugar 1/4 cup sugar 3/4 cup water 1/2 cup light corn syrup 1/2 teaspoon maple flavoring 1/2 teaspoon vanilla extract

### Directions

In a saucepan, combine the sugars, water and corn syrup; bring to a boil over medium heat. Broil for 7 minutes or until slightly thickened. Remove from the heat; stir in maple flavoring and vanilla. Cool for 15 minutes. Serve over pancakes, waffles or French toast.

### Italian Potato Pancake

### Ingredients

### 1 medium potato, peeled and grated2 tablespoons chopped onion2 tablespoons whole wheat flour1 egg

1/4 teaspoon dried basil1/4 teaspoon dried oreganosalt and pepper to taste1 tablespoon olive or vegetal

1 tablespoon olive or vegetable oil shredded mozzarella cheese

### Directions

Rinse grated potato in cold water; drain thoroughly. In a bowl, combine potato, onion, flour, egg, basil, oregano, salt and pepper. In a skillet, heat oil; add potato mixture. Cover and cook over medium-low heat for 5-7 minutes or until golden brown. Turn; sprinkle with cheese. Cover and cook over low heat 5 minutes longer.

### Jack-O-Lantern Pumpkin Pancakes

### Ingredients

1 cup all-purpose flour
1 cup quick cooking oats
1/4 cup brown sugar
2 teaspoons baking powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon salt
1 cup milk
1 egg, beaten
3/4 cup canned pumpkin
2 tablespoons vegetable oil
3/4 cup semisweet chocolate
chips

### Directions

Stir together flour, oats, brown sugar, baking powder, cinnamon, cloves, and salt in a large bowl. In a separate large bowl, lightly beat together the milk, egg, pumpkin, and oil. Stir flour mixture into the pumpkin mixture, blending just until moistened.

Heat a lightly greased griddle over medium high heat.

Pour batter, 1/3 cup at a time, onto the prepared griddle. Make a jack-o-lantern face in each pancake with the chocolate chips. Cook until bubbles appear on the surface, then flip and cook until golden brown on the other side, about 5 minutes per side.

### Fluffy Pancakes with Wheat Germ and Applesauce

### Ingredients

# 1 1/4 cups unbleached allpurpose flour 1/2 cup whole wheat flour 1/4 cup wheat germ 2 teaspoons baking powder 1 tablespoon canola oil 3 egg yolks 5 egg whites 1/2 cup unsweetened applesauce 1/2 cup milk, or as needed 1 teaspoon vegetable oil

### Directions

In a large bowl, stir together the all-purpose flour, whole wheat flour, wheat germ, and baking powder. Make a well in the center, and stir in the egg yolks, applesauce and milk until fairly smooth. If the batter seems too thick, stir in more milk. In a separate bowl, whip the egg whites with an electric mixer to soft peaks. Fold egg whites into the batter, just until blended.

Heat the oil in a large skillet over medium heat. Scoop large spoonfuls of batter onto the hot pan, and fry until bubbles appear on the surface. Flip and cook until browned on the other side. Continue with remaining batter.

### Vegetable Pancake

### Ingredients

1 cup uncooked long grain white rice

1 1/4 cups dry yellow lentils 3 cups water

2 green chile peppers, chopped1 (1 inch) piece fresh ginger root,sliced

1 1/2 tablespoons jaggery (palm sugar)

salt to taste

1 carrot, shredded

1 bunch fresh spinach, finely chopped

1 tablespoon vegetable oil

### Directions

In a bowl, soak the rice and lentils in the water for 4 to 5 hours.

Place the rice and lentils in a food processor with the chile peppers, ginger, jaggery, and salt. Process until smooth, and mix in the carrot and spinach. Continue to process until smooth and well mixed.

Heat the oil in a tava (or large skillet) over medium-low heat. Thinly and evenly spread the batter into the tava. Cover, and cook 15 minutes, or until browned and set enough to turn. Turn with a spatula, and continue cooking until browned and cooked through.

### Savory Rice Pancakes

### Ingredients

(optional)

2 teaspoons butter

2/3 cup uncooked white rice
1 1/3 cups water
2 eggs
2 teaspoons milk
salt and pepper to taste
1 tablespoon chopped fresh
chives (optional)
1 teaspoon dried onion flakes

### Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Allow rice to cool.

Whisk together the eggs and milk in a large bowl. Stir in the cooked rice, salt, pepper, and chives or onions, if desired.

Melt the butter in a skillet over medium high heat. Using a 1/2 cup measure, spoon pancake shaped scoops of rice mixture into hot skillet. Cook until golden brown, about 3 to 4 minutes per side.

### My Mother's Pancakes

### Ingredients

### 1 tablespoon brown sugar 1/2 tablespoon white sugar

4 teaspoons baking powder

1 cup milk

1 egg

2 tablespoons olive oil1/8 teaspoon vanilla extract

2 cups all-purpose flour

### Directions

Whisk together the brown sugar, white sugar, baking powder, milk, egg, olive oil, and vanilla extract. Stir in the flour 1/2 cup at a time until the batter reaches the desired thickness. The batter should look like cake batter (not too thin, but not too thick).

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface, about 3 minutes. Flip with a spatula, and cook until browned on the other side.

### Sausage-Broccoli Puff Pancake

### Ingredients

1/4 cup butter or margarine

3/4 cup milk
2/3 cup all-purpose flour
2 eggs
1/2 teaspoon salt
FILLING:
2 cups sliced fresh mushrooms
1 small onion, sliced into rings
2 tablespoons butter or margarine
1 pound bulk pork sausage
1 (10 ounce) package frozen
chopped broccoli
1/3 cup uncooked instant rice
1 cup shredded Cheddar cheese

### **Directions**

Place butter in a glass 9-in. pie plate; place in a 400 degrees F oven for 2-3 minutes or until butter is melted. Remove from the oven. In a bowl, whisk milk, flour, eggs and salt until smooth; pour into hot pie plate. Bake at 400 degrees F for 25 minutes or until puffed and golden. Meanwhile, in a skillet, saute mushrooms and onion in butter until tender; remove and set aside. In the same skillet, cook sausage over medium heat until no longer pink; drain. Stir in broccoli and rice are tender. Stir in mushroom mixture and cheese. Cover and keep warm When pancake is removed from oven, immediately spoon filling into center and serve.

### Zucchini Pancakes

### Ingredients

4 eggs
2 cups grated zucchini
3/4 cup all-purpose flour
1/2 teaspoon white sugar
1/2 teaspoon salt
3 tablespoons olive oil
4 teaspoons baking powder
1/4 cup butter, melted

### Directions

Preheat grill to 425 to 450 degrees F (220 to 225 degrees C).

In a large mixing bowl, beat eggs, add shredded zucchini and mix well using a fork. Add flour, sugar, salt and vegetable oil and stir to blend well. Finally, add baking powder and mix well using a large spoon. The batter's consistency should be like heavy whipping cream.

Spoon batter on hot grill (about 2 tablespoons) for each pancake. Cook until there are no longer bubbles forming in the pancake about 2 minutes; turn over and cook for 2 minutes longer. Rub pancakes with melted butter and serve immediately.

### Amaranth Pancakes

### Ingredients

1 cup amaranth flour
1/2 cup arrowroot powder
1/2 cup ground almonds
1 teaspoon baking soda
1 teaspoon ground cinnamon
1 1/4 cups water
2 tablespoons lemon juice
2 tablespoons vegetable oil
2 tablespoons honey

### Directions

In a large bowl, combine amaranth flour, arrowroot, almonds, baking soda and cinnamon. In a separate bowl, combine water, lemon juice, oil and honey; mix well. Stir liquids into flour mixture; mix well.

Heat a lightly oiled griddle or frying pan over medium high heat. Drop the batter by spoonfuls onto the griddle, using approximately 2 tablespoons for each pancake. Brown on both sides and serve hot.

### **Buttermilk Pancakes II**

### Ingredients

3 cups all-purpose flour
3 tablespoons white sugar
3 teaspoons baking powder
1 1/2 teaspoons baking soda
3/4 teaspoon salt
3 cups buttermilk
1/2 cup milk
3 eggs
1/3 cup butter, melted

### Directions

In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. In a separate bowl, beat together buttermilk, milk, eggs and melted butter. Keep the two mixtures separate until you are ready to cook.

Heat a lightly oiled griddle or frying pan over medium high heat. You can flick water across the surface and if it beads up and sizzles, it's ready!

Pour the wet mixture into the dry mixture, using a wooden spoon or fork to blend. Stir until it's just blended together. Do not over stir! Pour or scoop the batter onto the griddle, using approximately 1/2 cup for each pancake. Brown on both sides and serve hot.

# Hash Brown Apple Pancake

# Ingredients

1 1/4 cups frozen shredded hash brown potatoes, thawed 1/2 cup finely chopped apple 1/4 cup finely chopped onion 1 tablespoon snipped chives 1/4 teaspoon salt 1/4 teaspoon pepper 2 tablespoons butter, divided 2 tablespoons vegetable oil, divided 1/2 cup shredded Swiss cheese

#### Directions

In a small bowl, combine the hash browns, apple, onion, chives, salt and pepper. In a large nonstick skillet, melt 1 tablespoon butter and 1 tablespoon oil over medium-high heat. Spread half of the hash brown mixture in an even layer in skillet. Sprinkle with cheese; top with remaining hash browns. Press mixture gently into skillet. Cook for 5 minutes or until bottom is browned.

Invert pancake onto a plate. Heat remaining butter and oil in the skillet. Slide pancake, browned side up, into skillet. Cook 5 minutes longer or until bottom is browned and cheese is melted. Slide pancake onto a plate; cut into wedges.

# Pancake and Sausage Casserole

# Ingredients

1 (16 ounce) package bulk pork breakfast sausage 4 cups all-purpose flour 1/4 cup white sugar 1/4 cup brown sugar 4 teaspoons baking powder 1/2 teaspoon salt 4 eggs 2 1/2 cups milk 1/4 cup vegetable oil 1 teaspoon vanilla extract

#### **Directions**

Preheat oven to 375 degrees F (190 degrees C). Prepare a baking dish with cooking spray. Preheat the baking dish in the oven.

Brown the sausage in a skillet over medium heat; drain.

Mix the flour, white sugar, brown sugar, baking powder, and salt in a large bowl. Stir in the eggs, milk, vegetable oil, and vanilla to form a batter. Add the sausage and stir. Pour into the preheated baking dish.

Bake until a toothpick inserted into the center of the dish comes out clean, about 25 minutes. Allow to cool 10 minutes before cutting to serve.

# Strawberry Vanilla Pancakes

# Ingredients

- 1 cup all-purpose flour
- 2 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 tablespoons vanilla extract
- 1 cup chopped fresh strawberries

#### Directions

In a medium bowl, stir together the flour, brown sugar, baking powder and salt. Pour in the milk, oil, egg and vanilla, and mix until well blended. Stir in the strawberries.

Heat a large skillet or griddle over medium heat, and coat with butter or cooking spray. Pour batter into desired size of pancakes. Flip with a spatula when bubbles appear in the center. Cook until golden brown on the other side.

# Apple Pancake Tier

#### Ingredients

6 eggs
1 cup milk
1 cup all-purpose flour
3/4 teaspoon salt
1/2 teaspoon ground cinnamon
5 tablespoons butter or margarine,
melted
6 cups sliced peeled baking
apples
1/4 cup sugar
1 teaspoon grated lemon peel
confectioners' sugar

#### Directions

In a mixing bowl, beat eggs until fluffy. Add milk. Combine flour, salt and cinnamon; add to egg mixture and mix well. Brush 3 tablespoons butter on sides and bottom of three 9-in. pie pans (using 1 tablespoon in each pan). Divide batter evenly between the pans. Bake at 400 degrees F for 20-25 minutes or until golden and puffy. Heat remaining butter in a skillet. Saute apples for 10 minutes or until crisp-tender. Stir in sugar and continue cooking for 5 minutes or until apples are tender. drain, reserving juice. When pancakes are done, stack on a serving plate in this order: one pancake, a third of the apples and a third of the lemon peel. Repeat layers. Dust with confectioners' sugar. Pass reserved apple juice if desired.

# Chunky Monkey Pancakes

#### Ingredients

cooking spray

1 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
3/4 cup skim milk
3 tablespoons butter, melted
2 eggs
1 tablespoon white sugar
1 teaspoon vanilla extract
1 large banana, diced
1/2 cup miniature semisweet
chocolate chips
1/4 cup chopped pecans

#### Directions

Combine flour, baking powder, baking soda, and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skim milk, melted butter, eggs, sugar, and vanilla. Make a well in the center of the dry ingredients and stir in the wet ingredients, being careful not to over mix the batter. Gently fold in the banana, chocolate chips, and nuts.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

# Rice Pancakes

# Ingredients

1 cup cooked rice
1 cup milk
1 1/4 cups rice flour
1/4 cup white sugar
2 tablespoons applesauce
2 teaspoons baking powder
1 tablespoon vegetable oil

#### Directions

Combine the rice, milk, rice flour, sugar, applesauce, baking powder, and oil together in a bowl; blend with an electric hand mixer for 2 minutes.

Grease a large skillet or griddle and place over medium heat. Pour 1/4 cup of the batter onto the griddle; cook until the underside is golden brown. Flip and cook until the other side is also golden brown, 2 to 3 minutes per side.

# Blueberry Flax Pancakes

# Ingredients

1 1/2 cups dry pancake mix1/2 cup flax seed meal1 cup skim milk2 eggs1 cup fresh or thawed frozenblueberries

#### **Directions**

Set a nonstick skillet over medium heat.

In a medium bowl, stir together the pancake mix and flax seed meal. In a separate bowl or measuring cup, whisk together the milk and eggs. Pour the liquid into the dry ingredients, and stir just until moistened.

Spoon 1/4 cupfuls of batter onto the hot skillet. Sprinkle with as many blueberries as desired. Cook until bubbles appear on the surface, then flip and cook until browned on the other side.

# Bramboracky (Czech Savory Potato Pancakes)

# Ingredients

- 4 large potatoes
- 3 cloves garlic, crushed salt and black pepper to taste
- 1 pinch dried marjoram (optional)
- 2 teaspoons caraway seeds (optional)
- 2 eggs
- 1 tablespoon milk
- 3 tablespoons all-purpose flour oil for frying

#### Directions

Peel and coarsely grate the potatoes, squeezing out as much liquid as you can. Transfer the shredded potatoes to a mixing bowl. Stir in the crushed garlic, salt, pepper, marjoram, and caraway seeds.

Beat the eggs with the milk. Add the egg mixture to the potatoes and stir well to combine. Gradually mix in the flour to form a thick but still pourable batter.

Heat the oil in a skillet over medium-high heat; the oil should be about 1/4-inch deep. Spoon about 1/4 cup of batter into the hot oil, flattening it slightly. Fry the pancake until golden brown, about 3 minutes on each side. Drain on paper towels. Taste the first pancake and adjust the seasoning if necessary; repeat with remaining batter.

# Zucchini and Onion Pancake

# Ingredients

# 3 zucchini 1 large onion 1 teaspoon dried oregano salt and pepper to taste 1/4 cup butter

#### **Directions**

Grate zucchini and onion into a medium bowl, and drain off excess juices. Stir in the oregano and salt and pepper to taste.

Heat a frying pan over medium high heat and melt butter in the pan. When butter has coated the pan, arrange the zucchini in a flat layer over the bottom of the pan. Fry until golden brown on both sides, about 5 minutes per side. Serve warm.

# Apple Yogurt Pancakes

# Ingredients

2 eggs
1 2/3 cups milk
1 (8 ounce) container plain yogurt
1/4 cup vegetable oil
2 1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/2 teaspoons ground cinnamon
1 apple - peeled, cored and diced

#### Directions

In a large bowl, stir together the eggs, milk, yogurt and oil until well blended. Combine the flour, baking powder, baking soda, salt and cinnamon, stir into the milk mixture until smooth. Fold in chopped apple.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each cake. Cook until bubbles form in the cakes and the bottoms are golden brown. Flip and cook the other side. Serve warm with syrup or jam.

# Banana-White Chocolate Pancakes

# Ingredients

#### 2 eggs

- 1 cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- 2 cups all-purpose biscuit baking mix
- 3 bananas, peeled and thinly sliced
- 1 cup white chocolate chips

#### Directions

Whisk together eggs, milk, vanilla extract, cinnamon, and ginger in a bowl until smooth. Stir in the baking mix until moistened, then add the bananas and chocolate chips, and stir to mix.

Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Flip over once bubbles appear on the top. Cook until browned on the other side. Serve hot.

# Oatmeal Pancakes

# Ingredients

3/4 cup quick-cooking oats
1/2 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon sugar
1 egg
1 cup buttermilk
3 tablespoons butter or margarine,
melted

#### Directions

In a bowl, combine the oats, flour, baking soda and sugar. Combine the egg, buttermilk and butter; stir into the dry ingredients just until moistened. Pour batter by 1/3 cupfuls onto a greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

# Grain and Nut Whole Wheat Pancakes

# Ingredients

- 1 1/2 cups old-fashioned oatmeal
- 1 1/2 cups whole wheat flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups buttermilk
- 1 cup milk
- 1/4 cup vegetable oil
- 1 egg
- 1/3 cup sugar
- 3 tablespoons chopped walnuts (optional)

#### Directions

Grind the oats in a blender or food processor until fine. In a large bowl, combine ground oats, whole wheat flour, baking soda, baking powder, and salt.

In another bowl, combine buttermilk, milk, oil, egg, and sugar with an electric mixer until smooth. Mix wet ingredients into dry with a few swift strokes. Stir in nuts, if desired.

Lightly oil a skillet or griddle, and preheat it to medium heat. Ladle 1/3 cup of the batter onto the hot skillet; cook the pancakes for 2 to 4 minutes per side, or until brown.

# Homemade Pancake Mix

# Ingredients

4 cups all-purpose flour
2 cups whole wheat flour
2/3 cup sugar
2 tablespoons baking powder
1 tablespoon baking soda
ADDITIONAL INGREDIENTS FOR
PANCAKES:

1 egg 3/4 cup milk ADDITIONAL INGREDIENTS FOR BLUEBERRY BANANA PANCAKES:

1 egg
3/4 cup milk
1 medium ripe banana, mashed
3/4 cup blueberries

#### **Directions**

In a bowl, combine the first five ingredients. Store in an airtight container in a cool dry place for up to 6 months.

To prepare pancakes: In a bowl, combine egg and milk. Whisk in 1 cup pancake mix. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown

To prepare blueberry banana pancakes: In a bowl, combine egg, milk and banana. Whisk in 1 cup pancake mix. Fold in blueberries. Cook as directed above.

# Dairy Free Whole Wheat Pancakes

# Ingredients

2 cups whole wheat pastry flour
1/4 cup wheat germ
3 tablespoons soy flour
2 tablespoons white sugar
4 teaspoons baking powder
1/2 teaspoon salt
3 eggs
1/4 cup canola oil
1/4 teaspoon almond extract
2 cups soy milk

#### Directions

Preheat griddle to 350 degrees F (175 degrees C). In a large mixing bowl combine dry ingredients. In another large mixing bowl combine eggs, oil and almond extract; whisk until combined. Stir in soy milk. Add wet ingredients to dry ingredients and whisk until combined. Batter should be slightly thick, adjust liquid if necessary.

Pour batter by the 1/4 cup full onto hot griddle. Cook until edges look dry and bubbles burst. Flip and cook another minute or so until golden brown. Serve warm.

# German Pancakes I

#### Ingredients

1 1/4 cups all-purpose flour
3 eggs, lightly beaten
1/2 teaspoon salt
2 cups milk
16 ounces applesauce
4 ounces raisins
2 tablespoons white sugar
3 tablespoons blanched slivered almonds
1/4 cup butter

#### Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, prepare pancake batter by blending flour, 2 eggs, 1/4 teaspoon salt and 1 cup milk.

Heat a lightly greased griddle or medium skillet over medium heat. Pour approximately 1/8 of the batter onto the griddle. Flip with a metal spatula when bubbles begin to form, and cook until golden brown. Repeat with remaining batter, making 8 pancakes.

Place applesauce in a medium bowl, and mix in raisins. Spread the applesauce mixture over one side of each pancake. Roll pancakes jelly roll style, and cut in half vertically. Arrange pancake halves cut side down in a medium baking dish.

In a small bowl, mix remaining egg, salt and milk with sugar and almonds. Pour mixture over the pancakes.

Dot pancakes with butter, and bake 40 minutes in the preheated oven. Serve warm.

# Apple Cider Pancakes

# Ingredients

2 cups complete pancake mix
1 1/4 cups apple cider
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1 tablespoon brown sugar
1/2 teaspoon vanilla extract
1/4 cup chopped walnuts
(optional)
butter flavored cooking spray

#### Directions

Place pancake mix into a medium bowl, and stir in apple cider. Apple cider may be adjusted to achieve the desired thickness. Stir in cinnamon, nutmeg, brown sugar and vanilla. Mix in walnuts if using.

Heat a large skillet over medium heat, and spray with cooking spray. Use about 1/4 cup of batter per pancake. Cook 3 to 4 pancakes at a time. Turn over when bubbles appear in the center, and cook until golden on the other side. Serve immediately with pats of butter and maple syrup.

# Jalapeno Appetizer Pancakes

# Ingredients

# 2 cups pancake mix 1 1/2 cups water 2 cups shredded mozzarella cheese 1 (4 ounce) can diced jalapeno peppers Ranch salad dressing

#### Directions

In a bowl, combine pancake mix and water; mix well. Stir in cheese and peppers. Pour the batter by heaping tablespoonfuls onto a greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown. Serve warm with dressing or salsa.

# Oatmeal Chocolate Chip Pancakes

# Ingredients

3/4 cup rolled oats
3/4 cup pastry flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon sea salt
1/4 cup ground flax seeds
1/4 cup vegan carob chips
1 1/2 cups soy milk

#### Directions

Preheat a lightly oiled griddle over medium heat.

In a medium bowl, mix rolled oats, pastry flour, baking powder, baking soda, sea salt, flax seeds, and chocolate chips. Gradually blend in soy milk.

Pour batter about 1/4 cup at a time onto the prepared griddle. Cook 1 to 2 minutes, until bubbly. Flip, and continue cooking until lightly browned.

# Swiss Cheese Potato Pancakes

# Ingredients

1 (3 ounce) package cream cheese, softened 2 eggs 2 tablespoons all-purpose flour 4 cups shredded peeled potatoes 1/4 cup shredded Swiss cheese 2 tablespoons grated onion 1/4 teaspoon salt 1/8 teaspoon pepper dash cayenne pepper 3 tablespoons butter or margarine 3 tablespoons vegetable oil

#### Directions

In a mixing bowl, beat cream cheese until smooth. Add eggs, one at a time, beating well after each addition. Add flour; mix well. Stir in potatoes, Swiss cheese, onion, salt, pepper and cayenne pepper. In a large skillet, heat butter and oil over medium heat. Drop batter by 1/4 cupfuls; press lightly to flatten. Fry until golden and crisp, about 5 minutes on each side. Drain on paper towels.

# Cheeseburger Pancakes

#### Ingredients

1 pound ground beef
1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup chopped green pepper
1 (10.75 ounce) can condensed
tomato soup, undiluted
1 teaspoon Worcestershire sauce
1/2 teaspoon celery seed
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup shredded Cheddar cheese
2 cups all-purpose flour
4 teaspoons baking powder
1 egg
1 cup milk

#### Directions

In a skillet, cook beef, onion, celery and green pepper until meat is no longer pink and vegetables are tender; drain. Stir in soup, Worcestershire sauce, celery seed, salt and pepper. Remove from the heat; cool slightly. Stir in cheese.

In a bowl, combine the flour and baking powder. Combine the egg and milk; stir into dry ingredients just until moistened. Add beef mixture; mix well. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. Cook for 4-6 minutes on each side or until golden brown.

# Cinnamon Pancakes in a Jar

# Ingredients

Dry Mix Ingredients
3 cups all-purpose flour
4 teaspoons ground cinnamon
2 1/4 tablespoons white sugar
2 tablespoons baking powder
1 1/4 teaspoons salt
To Make Batter Combine 1 1/3
Cups Dry Mix With the Following:
3/4 cup milk

1 egg

2 tablespoons vegetable oil

#### Directions

In a quart jar, combine all ingredients in layers, placing flour on bottom, then cinnamon in middle and other ingredients on top. Place seal on jar. Store in a cool, dry place up to 6 months.

To make Batter for Cinnamon Pancakes: In a medium bowl, combine milk, egg, vegetable oil. Whisk in 1 1/3 cups prepared Dry Pancake Mix until moistened but still lumpy.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Whole Wheat Apple Pancakes with Brown Sugar

# Ingredients

2 cups whole wheat flour 1/4 cup baking powder

1/2 teaspoon salt

2 teaspoons ground cinnamon

2 eggs

2 cups milk

1/4 cup vegetable oil

2 large apple - peeled, cored and diced

1 cup butter

1 cup dark brown sugar

2 tablespoons vanilla extract

1/2 cup dark molasses

#### Directions

In a large bowl, stir together the flour, baking powder, salt and cinnamon. Pour in the milk, eggs and oil; stir just until smooth. Mix in the apple.

Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry. Flip and cook until browned on the other side.

To make the glaze, heat the butter in a heavy saucepan over medium heat. Stir in the molasses, brown sugar and vanilla. Serve warm spooned over pancakes.

# Thin Egg Pancakes

# Ingredients

5 eggs
1 cup milk
1/2 cup all-purpose flour
1/2 cup confectioners' sugar
1/4 cup butter or margarine,
melted
salt and pepper to taste

#### Directions

In a bowl, beat eggs until foamy. Add milk. Stir in flour and sugar just until blended. Add butter, salt and pepper. Pour 1/4 cup of batter into a hot greased 8-in. skillet. Cook for 2-3 minutes on each side or until lightly browned. Remove and keep warm. Repeat; stack pancakes with waxed paper or paper towel in between.

# Pumpkin Pancakes

#### Ingredients

PANCAKES:

pumpkin

#### HOT CIDER SYRUP:

3/4 cup apple cider or apple juice 1/2 cup packed brown sugar 1/2 cup corn syrup 2 tablespoons butter or margarine 1/2 teaspoon lemon juice 1/8 teaspoon ground cinnamon 1/8 teaspoon ground nutmeg

1 cup all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
2 eggs, separated
1 cup milk

1/2 cup cooked or canned

2 tablespoons vegetable oil

#### Directions

In a saucepan, combine the syrup ingredients. Bring to a boil over medium heat, stirring occasionally. Reduce heat; simmer, uncovered, for 20-25 minutes or until slightly thickened. Let stand for 30 minutes before serving.

For pancakes, combine the dry ingredients in a bowl. In another bowl, whisk the egg yolks, milk, pumpkin and oil. Stir into dry ingredients just until moistened. In a mixing bowl, beat the egg whites until soft peaks form; fold into batter.

Pour batter by 1/4 cupfuls onto a hot greased griddle. Turn when bubbles form on top of pancakes. Cook until second side is golden brown. Serve with the syrup.

# Pumpkin Pancakes

#### Ingredients

2 cups all-purpose flour

2 teaspoons packed brown sugar

1 tablespoon baking powder

1 1/4 teaspoons pumpkin pie spice

1 teaspoon salt

1 3/4 cups milk

1/2 cup LIBBY'S® 100% Pure Pumpkin

1 large egg

2 teaspoons vegetable oil

chopped walnuts

1 cup maple syrup

1 1/4 cups LIBBY'S® 100% Pure Pumpkin

1/4 teaspoon ground cinnamon

#### Directions

COMBINE flour, brown sugar, baking powder, pumpkin pie spice and salt in large bowl. Combine milk, pumpkin, egg and vegetable oil in small bowl; mix well. Add to flour mixture. Stir just until moistened; batter may be lumpy.

HEAT griddle or skillet over medium heat; brush lightly with vegetable oil. Pour 1/4 cup batter onto hot griddle; cook until bubbles begin to burst. Turn and continue cooking 1 to 2 minutes. Repeat with remaining batter. Serve with Pumpkin Maple Sauce and nuts.

HEAT 1 cup maple syrup, 1 1/4 cups Libby's® 100 Percent Pure Pumpkin and 1/4 teaspoon ground cinnamon or pumpkin pie spice in small saucepan until warm.

# Rooibos Brulee Pancakes

#### Ingredients

3 rooibos tea bags 2 cups boiling water 2 cups complete pancake mix (such as Aunt Jemima's Buttermilk Complete®) 1/4 cup butter, or as needed

1/4 cup brown sugar 1/2 cup pecan halves (optional)

#### **Directions**

Steep the rooibos tea bags in the water for 5 minutes; remove tea bags and allow tea to cool.

Heat a skillet over medium-low heat until a drop of water on the surface sizzles for a moment before disappearing. Whisk together 1 1/2 cups cooled tea with the pancake mix.

Melt 1 teaspoon butter in the center of the skillet. Place 4 to 5 pecan halves into the melting butter. Pour about 1/3 cup pancake batter directly over pecans and butter. Sprinkle 1/2 tablespoon brown sugar over the top of the pancake, and add another thin pat of butter over the sugar.

When the edges of the pancake appear dry and bubbles form on the top, turn and cook until lightly browned, about 40 seconds. Remove from pan; add any melted sugar from the pan to the top of the pancake. Repeat with remaining pancake mix, butter, pecans, and sugar.

# Pikelets (Scottish Pancakes)

# Ingredients

1 cup self-rising flour1/4 cup sugar1/4 teaspoon baking soda1 egg, lightly beaten3/4 cup milk1 tablespoon butter

#### Directions

Sift together the flour, sugar, and baking soda in a large bowl. Slowly add the egg and milk while stirring continually until smooth.

Place a skillet over medium heat. Lightly coat the surface of the skillet with butter. Pour 1/8 cup of batter into the skillet. Cook until bubbles begin to appear on the surface of the batter; flip and continue to cook until lightly browned on the bottom, 1 to 2 minutes each side. Reapply butter to the skillet between batches.

# Overnight Raisin Oatmeal Pancakes

#### Ingredients

2 cups quick-cooking oats
2 cups buttermilk
1/2 cup all-purpose flour
2 tablespoons white sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
2 eggs, beaten
1/4 cup butter, softened
1/3 cup raisins

#### **Directions**

In a medium bowl, mix together the oats and buttermilk. Cover, and refrigerate overnight.

The next morning: In a large bowl, sift together the flour, sugar, baking powder, baking soda, cinnamon, and salt. Make a well in the center, and pour in the oatmeal mixture, eggs, butter, and raisins. Stir until just moistened. Allow batter to sit 20 minutes before cooking. If batter is too thick, add buttermilk 1 tablespoon at a time, until the batter reaches the desired consistency.

Heat a lightly greased, large skillet or griddle over medium heat. Pour 1/4 cup batter onto the hot griddle for each cake. Cook pancakes until bubbles appear on top, flip, and cook until lightly browned on bottom.

# Chinese Noodle Pancakes with Asparagus

#### Ingredients

1 pound fresh Chinese wheat noodles

1/2 pound fresh asparagus

2 tablespoons canola oil 2 cloves garlic, minced

1 teaspoon minced fresh ginger root

1 cup water

1 tablespoon cornstarch

2 tablespoons Chinese rice wine

2 tablespoons soy sauce

1 tablespoon fermented black beans

8 ounces spinach with stems, rinsed

2 teaspoons dark sesame oil salt and pepper to taste

#### **Directions**

In a large pot of water boil noodles until al dente. Drain well. Rinse with cool water until the noodles are cool.

Break off the tough ends of the asparagus, and cut the rest of the spears into 2-inch lengths. In a large skillet, heat 1 tablespoon of the oil over medium heat. Add the garlic and ginger, saute for 1 minute, make sure not to brown the garlic. Add the asparagus and 1/2 cup water. Simmer for 2 minutes.

Put the cornstarch into a small mixing bowl, stir in the remaining 1/2 cup water and the rice wine or sherry. Stir well. Add this mixture, the soy sauce, and the fermented black beans, if you're using them, to the simmering vegetables. Let the sauce boil for a few seconds, add the spinach and stir until it wilts. Remove the skillet from the heat

Heat the remaining oil in a skillet over high heat. Divide the noodles into four mounds, and place the mounds of noodles in the hot frying pan. Flatten the mounds in the frying pan so that more surface area will brown, reduce the heat to medium-high, and fry the cakes for at least 5 minutes, until they develop a golden-brown crust on the bottom. Turn the cakes over, and fry them for 3 minutes

While the noodle cakes cook, reheat the vegetables and the sauce slightly. Add the sesame oil, salt and pepper to the vegetable mixture. Place the noodle cakes on plates, spoon the sauce and vegetables over and around the cakes, and serve.

# German Pancakes II

# Ingredients

1/4 cup butter1 cup all-purpose flour1 cup milk6 eggs, lightly beaten1/8 teaspoon salt

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Melt butter in a medium baking dish.

In a medium bowl, mix flour, milk, eggs and salt. Pour the mixture into the prepared baking dish.

Bake on center rack in the preheated oven for 30 to 40 minutes, until golden brown.

# Dosas (Indian-style Pancakes)

#### Ingredients

1 cup brown rice flour 1/2 cup whole wheat flour 1 1/2 cups water 1 red onion, finely chopped 1 clove garlic, minced 1/4 cup fresh cilantro, chopped 1/4 teaspoon white sugar 1/2 teaspoon ground turmeric 1 teaspoon ground cumin 2 teaspoons whole mustard seeds 1 teaspoon cumin seeds 1 teaspoon ground coriander 1 teaspoon ground ginger 1 pinch cayenne pepper 3 tablespoons rice vinegar 1 tablespoon vegetable oil

#### **Directions**

Stir the brown rice and whole wheat flours together in a mixing bowl. Stir in the water to make a thin batter. Add the onion, garlic, cilantro, sugar, turmeric, cumin, mustard seeds, cumin seeds, coriander, ginger, cayenne pepper and rice vinegar until evenly blended. Cover, and refrigerate for at least 1/2 hour, or overnight.

To cook the dosas, heat the oil in a skillet over medium heat. Pour 1/4 cup of batter into the skillet, spreading it over the bottom in a thin layer. Cook 1 minute, turn, and cook 1 minute more. Remove from the pan. Repeat with remaining batter.

# Pecan-Oatmeal Pancakes

# Ingredients

# 1 1/2 cups quick-cooking oats 1 cup all-purpose flour 2 tablespoons brown sugar 2 teaspoons baking powder 1/4 teaspoon salt 1 1/2 cups milk 2 eggs, lightly beaten 2 tablespoons butter or margarine, melted 1/2 cup chopped pecans

#### Directions

In a bowl, combine oats, flour, brown sugar, baking powder and salt. Combine milk, eggs and butter; stir into dry ingredients just until blended. Fold in pecans. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown.

# **Chocolate Pancakes**

# Ingredients

1 1/4 cups all-purpose flour
1/4 cup unsweetened cocoa
powder
3 tablespoons white sugar
1/4 teaspoon salt
2 eggs, at room temperature
1 1/4 cups milk
1/2 teaspoon vanilla
2 tablespoons melted butter
1/2 cup semisweet chocolate
chips

#### Directions

Whisk flour, cocoa powder, sugar, and salt together in a large bowl. Beat eggs, milk, and vanilla in another bowl; mix in the melted butter. Pour the wet ingredients into the dry, and mix just until combined. Stir in the chocolate chips.

Heat a lightly oiled griddle or skillet over medium-high heat. For each pancake, pour 1/4 cup batter on griddle and cook until bubbles pop in the center of the pancake, about 2 to 3 minutes. Flip, and cook an additional minute on the opposite side.

# Whole Wheat Pancakes

#### Ingredients

1 cup whole wheat flour
2/3 cup all-purpose flour
1/3 cup wheat germ
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
2 tablespoons brown sugar
1 teaspoon salt
5 1/3 tablespoons unsalted butter
2 1/2 cups buttermilk
2 eggs, beaten
3 tablespoons unsalted butter

#### Directions

In a food processor or in a large bowl, combine the whole wheat flour, white flour, wheat germ or oats, baking powder, baking soda, brown sugar, and salt.

Cut the butter into small pieces with a knife, and add the butter to the flour-mixture. Mix until the mixture has a sand-like consistency.

Make a well in the center of the flour-butter mixture, and add the buttermilk and eggs. Stir until the liquids are fully incorporated.

Heat a frying pan over medium heat and grease the surface with 1 tablespoon of butter or oil. Ladle the batter onto the surface to form 4 inch pancakes. Once bubbles form on the top of the pancakes, flip them over, and cook them on the other side for about 2 minutes.

# Fluffy Pancakes

# Ingredients

1 cup all-purpose flour1 tablespoon sugar2 teaspoons baking powder1/2 teaspoon salt1 egg3/4 cup milk1/4 cup shortening, melted

#### Directions

In a small bowl, combine the flour, sugar, baking powder and salt. Combine the egg, milk and shortening; stir into dry ingredients just until moistened.

Pour batter by 1/4 cupful onto a greased hot griddle. Turn when bubbles form on top of pancakes; cook until the second side is golden brown.

#### Easy Vegan Whole Grain Pancakes

#### Ingredients

1/2 cup whole wheat flour
1/2 cup rye flour
1 tablespoon soy flour
1 tablespoon white sugar
1 1/2 teaspoons baking powder
1/8 teaspoon salt
1/8 teaspoon ground cinnamon
(optional)
1/2 teaspoon vanilla extract
(optional)
1/2 cup water
1/2 cup soy milk

1/4 cup chopped pecans

#### Directions

In a medium bowl, stir together the whole wheat flour, rye flour, soy flour, sugar, baking powder, salt and cinnamon. Make a well in the center, and pour in the vanilla, water and soy milk. Mix until all of the dry ingredients have been absorbed, then stir in the pecans.

Heat a large skillet or griddle iron over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter onto the hot surface, and spread out to 1/4 inch thickness. Cook until bubbles appear on the surface, then flip and brown on the other side. Serve warm.

#### Complete Pancake Mix

### Ingredients Directions 6 cups all-purpose flour In a large bowl, mix together flour, baking powder, salt and dry milk. Cut in shortening until mixture resembles coarse cornmeal. 2 tablespoons baking powder 1 tablespoon salt 1 cup dry milk powder 1 cup shortening

#### **Delicious Stuffed Potato Pancakes**

#### Ingredients

8 potatoes, peeled and shredded 1/4 cup all-purpose flour 1/2 teaspoon baking powder 3 eggs salt and black pepper to taste

#### Filling:

1/2 pound ground beef1/2 onion, grated1 pinch garlic salt1 egg1/4 cup bread crumbs

2 teaspoons vegetable oil

#### **Directions**

Mix together the potatoes, flour, baking powder, 3 eggs, and salt and pepper in a bowl. In another bowl, mix the ground beef, onion, garlic salt, 1 egg, and bread crumbs until well-combined.

Heat the oil in a skillet over medium-low heat, and drop a rounded tablespoon of potato mixture into the hot skillet. Spread and flatten the pancake out a little, and place about 2 teaspoons of beef mixture on the pancake, spreading the filling out almost to the edges of the pancake. Drop another rounded tablespoon of potato mixture on top of the beef, and spread it out to completely cover the beef. Fry until the bottom of the pancake is golden brown, about 5 minutes, then flip and fry the other side until golden, 1 to 2 more minutes.

#### Oatmeal and Wheat Flour Blueberry Pancakes

#### Ingredients

1/2 cup whole wheat flour
1/2 cup all-purpose flour
2 tablespoons brown sugar
2 tablespoons baking powder
3/4 teaspoon salt
1 1/2 cups quick cooking oats
2 cups soy milk
3 eggs, beaten
1/4 cup olive oil
1/2 cup frozen blueberries

#### Directions

Preheat a lightly oiled griddle over medium heat.

In a large bowl, mix whole wheat flour, all-purpose flour, brown sugar, baking powder, and salt.

In a small bowl, mix oats and soy milk. Whisk in eggs and olive oil. Pour into the flour mixture all at once. Continue mixing until smooth. Gently fold in blueberries.

Pour batter about 1/4 cup at a time onto the prepared griddle. Cook 1 to 2 minutes, until bubbly. Flip, and continue cooking until lightly browned.

#### **Buttermilk Pancakes I**

#### Ingredients

# 1 1/4 cups all-purpose flour 1 egg 1 1/4 cups buttermilk 1/4 cup white sugar 1 teaspoon baking powder 1 teaspoon baking soda 1/4 cup vegetable oil

#### Directions

Preheat a skillet over medium heat. Combine all ingredients in a blender. Puree until smooth.

Pour batter onto the griddle, to form 5 pancakes. Flip pancakes when edges appear to harden. Cook pancakes on other side for same amount of time until golden brown.

#### Crispy Mashed Potato Pancake

#### Ingredients

## 2 cups cold mashed potatoes (prepared with milk and butter) 1 egg, lightly beaten 1 teaspoon Italian seasoning 1/8 teaspoon garlic powder 1 tablespoon olive or vegetable oil

#### Directions

Combine the first four ingredients; mix well. In a small skillet, heat oil over medium-high heat. Add potato mixture; press with a spatula to flatten evenly. Cover and cook for 8 minutes or until bottom is crispy. Invert onto a serving plate.

#### Potato Pancakes II

#### Ingredients

### 2 cups mashed potatoes1 egg, beaten1 teaspoon salt1/4 cup shredded Cheddar cheese

1 tablespoon butter

#### Directions

In a medium bowl, mix together potatoes, beaten egg, salt, and cheese. Melt butter on a large griddle at medium heat. Drop potato mixture onto griddle 1/4 cup at a time. Flatten with a spatula to 1/2 inch thick. Fry approximately 5 minutes on each side, until golden brown. Serve hot.

#### Potato Pancakes III

#### Ingredients

3 large potatoes, peeled and quartered
1/4 cup milk
3 tablespoons butter
2 cloves garlic, minced
1/4 cup finely chopped cooked ham
1/4 cup shredded Cheddar cheese
salt and pepper to taste
1/4 cup oil for frying

#### Directions

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain, cool and shred.

In a medium saucepan over medium heat, mix milk, butter and garlic. Bring to a gentle boil, then mix in potatoes, ham and Cheddar cheese. Season with salt and pepper, and cook, stirring occasionally, until the mixture reaches a dough-like consistency.

Heat oil in a large skillet over medium high heat. Drop potato mixture by rounded spoonfuls into the oil, and cook, turning once, until lightly browned on both sides.

#### Gingerbread Pancakes

#### Ingredients

- 3 cups all-purpose flour
- 6 tablespoons baking powder
- 3 teaspoons unsweetened cocoa powder
- 1 1/2 teaspoons ground ginger 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground cloves
- 6 tablespoons ground hazelnuts
- 3 cups milk
- 6 egg whites
- 6 tablespoons dark molasses
- 6 tablespoons vegetable oil

#### Directions

In a large bowl sift together the flour, baking powder, cocoa, ginger, cinnamon and cloves; stir in hazelnuts. Set aside.

In a medium bowl whisk together milk, egg whites and molasses.

Make a well in the dry ingredients and pour wet ingredients into it. Stir just enough to moisten; batter will be lumpy.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Banana Brown Sugar Pancakes

#### Ingredients

1 egg
2 tablespoons vegetable oil
1 cup milk
1 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup light brown sugar
1 packet instant, banana-flavored oatmeal

#### **Directions**

Whisk together egg, oil, and milk until smooth. Sift together flour, baking soda, and salt; add to egg mixture along with brown sugar, and oatmeal; stir until just combined.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or spoon the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Pumpkin Pancakes with Nutmeg Whipped Cream

#### Ingredients

#### **Pancakes**

2 1/3 cups pancake mix (such as Bisquick®)

2 1/2 tablespoons white sugar 1/3 teaspoon ground cinnamon 1/3 teaspoon ground nutmeg 1/4 teaspoon ground ginger

2 eggs1 1/4 cups milk1/3 cup canned pumpkin1/4 cup vegetable oil

Nutmeg whipped cream
1 cup whipping cream
2 tablespoons white sugar
3/4 teaspoon vanilla extract
1/2 teaspoon ground nutmeg

#### Directions

Whisk together the pancake mix, white sugar, cinnamon, the 1/3 teaspoon nutmeg, and ginger; set aside. Beat together the eggs, milk, pumpkin, and vegetable oil. Combine the two mixtures, stirring just until all ingredients are moistened.

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Bubbles will start to form in the pancakes. Cook until the edges of the pancakes start to look dry, and a bubble popped near the edge holds its shape. Flip the pancakes over, and continue cooking until the other side is golden brown. Repeat with remaining batter, adding more oil to the griddle if necessary. Stack the pancakes on a plate and keep warm until serving. For larger batches, keep pancakes warm in a single layer on a cooling rack positioned over a baking sheet in a 300 degrees F oven (150 degrees C).

Place whipping cream in a small, deep, chilled bowl. Add the 2 tablespoons sugar, vanilla, and nutmeg; beat using a mixer with chilled beaters on medium-high speed until soft peaks form.

#### German Potato Pancakes

#### Ingredients

2 eggs

2 tablespoons all-purpose flour 1/4 teaspoon baking powder

1/9 teaspoon paking powe

1/2 teaspoon salt

1/4 teaspoon pepper

6 medium potatoes, peeled and shredded

1/2 cup finely chopped onion 1/4 cup vegetable oil

#### **Directions**

In a large bowl, beat together eggs, flour, baking powder, salt, and pepper. Mix in potatoes and onion.

Heat oil in a large skillet over medium heat. In batches, drop heaping tablespoonfuls of the potato mixture into the skillet. Press to flatten. Cook about 3 minutes on each side, until browned and crisp. Drain on paper towels.

#### Banana Pancakes with Berries

#### Ingredients

2 cups sliced fresh strawberries1/2 cup sugar2 teaspages vapilla extract

3 teaspoons vanilla extract PANCAKES:

1 cup all-purpose flour

1 tablespoon sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 egg

1 cup buttermilk

2 tablespoons vegetable oil

1 teaspoon vanilla extract

2 medium ripe bananas, cut into

1/4-inch slices

Whipped cream

#### Directions

In a bowl, combine the strawberries, sugar and vanilla. Cover and refrigerate for 8 hours or overnight.

For pancakes, combine the flour, sugar, baking powder, baking soda and salt in a bowl. Combine the egg, buttermilk, oil and vanilla; stir into dry ingredients just until moistened.

Pour the batter by 1/4 cupfuls onto a lightly greased hot griddle; place 5-6 banana slices on each pancake. Turn when bubbles form on top; cook until second side is golden brown. Serve with strawberries and whipped cream if desired.

#### Aebleskiver (Danish Pancakes)

#### Ingredients

1 cup whole wheat flour
2 tablespoons white sugar
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1 dash ground nutmeg
1 dash ground cloves
1 egg, lightly beaten
3/4 cup milk
2 tablespoons unsalted butter,
melted
1 teaspoon vanilla extract

#### Directions

Stir the flour, sugar, baking powder, salt, cinnamon, nutmeg, and cloves together in a large bowl; mix in the egg, milk, butter, and vanilla until just combined.

Heat an aebleskiver pan over medium heat; prepare with cooking spray.

Pour the batter into each cup to about 2/3 full. Allow the batter to cook in the bottom of the cup 3 to 4 minutes until golden brown. Don't forget which cup you placed the batter in first, it's all about rotation! Use a long skewer or knitting needle to lift one edge and give it a 1/4 turn. The uncooked batter will spill over into the cup, and cook. Continue lifting and turning the edges until the batter is fully cooked into a golden brown ball. Drain on paper towels.

#### Vegan Pancakes

#### Ingredients

1 1/4 cups all-purpose flour2 tablespoons white sugar2 teaspoons baking powder1/2 teaspoon salt1 1/4 cups water1 tablespoon oil

#### **Directions**

Sift the flour, sugar, baking powder, and salt into a large bowl. Whisk the water and oil together in a small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir just until blended; mixture will be lumpy.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

#### Ellen Szaller's Mashed Potato Pancakes

#### Ingredients

- 2 cups sifted all-purpose flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- 3 potatoes peeled, boiled and mashed
- 1 onion, chopped
- 2 eggs
- 1 cup milk
- 1/4 cup light corn syrup
- 1 teaspoon ground nutmeg
- 2 tablespoons shortening

#### Directions

In a medium bowl, mix together flour, salt, and baking powder. Stir in mashed potatoes and onion until thoroughly combined. In a separate bowl, whisk together eggs and milk, and stir lightly into potato mixture.

Stir in corn syrup and nutmeg, mixing well. Heat a large griddle to medium-high heat. Coat with shortening and spoon potato mixture onto griddle in 12 equal portions. Fry until brown on both sides. Serve hot.

#### Peanut Butter Feather Pancakes

#### Ingredients

1 cup Pillsbury BEST® All
Purpose Flour
2 tablespoons sugar
1 1/2 tablespoons baking powder
1 large egg
1/3 cup JIF® Extra Crunchy
Peanut Butter
1 cup milk
2 tablespoons Crisco® Pure
Canola Oil
Crisco® Original No-Stick
Cooking Spray

#### Directions

Stir together flour, sugar and baking powder in large bowl.

Beat egg with peanut butter in small bowl until blended. Stir in milk and oil. Add all at once to the dry ingredients, beating until blended.

Heat skillet over medium-high heat or griddle to 375 degrees F. Spray with no-stick cooking spray. Pour 2 tablespoons batter for each pancake onto skillet. Cook until bubbles break the surface. Turn and brown the other side.

Serve with syrup, fresh fruit or powdered sugar.

#### Apple Puff Pancake

#### Ingredients

#### 6 eggs

- 1 1/2 cups milk
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 3 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 2 tablespoons butter
- 2 apples peeled, cored and sliced
- 3 tablespoons brown sugar

#### Directions

Preheat the oven to 425 degrees F (220 degrees C).

In a large bowl, use an electric mixer to blend eggs, milk and vanilla. Add flour, sugar, salt and cinnamon; mix just until blended. Set aside.

Melt butter in a 9x9 inch square pan. Arrange apple slices in the bottom of the pan, and pour the batter over them. Sprinkle brown sugar over the top.

Bake for 20 minutes in the preheated oven, or until puffed and lightly browned.

#### Mom's Applesauce Pancakes

#### Ingredients

- 2 cups dry pancake mix
- 1 teaspoon ground cinnamon
- 2 eggs
- 1 cup applesauce
- 1 teaspoon lemon juice
- 1/2 cup milk

#### **Directions**

In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add the eggs, applesauce, lemon juice and milk; stir until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Sourdough Pancakes

#### Ingredients

3/4 cup sourdough starter
1 egg, beaten
2 tablespoons water
2 teaspoons vegetable oil
1/3 cup nonfat dry milk powder
3/4 teaspoon salt
1 teaspoon baking soda
1 1/2 tablespoons white sugar

#### Directions

In a large bowl, combine the sourdough starter, egg, water, and oil.

In a separate bowl, combine the nonfat dry milk, salt, baking soda, and sugar. Stir to blend dry ingredients. Add to sourdough starter and mix until batter is smooth.

Bake on a greased 350 degree F(175 degree C) griddle until golden brown on the bottom. Flip and bake on opposite side.

#### Confetti Potato Pancakes

#### Ingredients

2 large potatoes
2 medium zucchini
2 large carrots
1/2 cup finely chopped onion,
divided
2 eggs, lightly beaten
1/2 cup all-purpose flour
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon dried basil
1/4 teaspoon sugar
1 tablespoon canola oil

#### Directions

Coarsely shred the potatoes, zucchini and carrots; drain and pat dry. Place half of the shredded vegetables and 1/4 cup chopped onion in a food processor or blender; cover and process until finely chopped. Transfer to a bowl; add eggs, flour, garlic, salt, basil, sugar and remaining onion and shredded vegetables.

In a large nonstick skillet, heat oil. Drop batter by 1/4 cupfuls into skillet, flatten to form patties. Fry until golden brown; turn and cook the second side.

#### Mexican Potato Pancakes

#### Ingredients

2 cups diced tomatoes
1/2 small onion, chopped
1 small jalapeno pepper, seeded and chopped
1 cup water
1/4 cup canola oil

5 potato, peeled and grated salt and pepper to taste 1 dash hot pepper sauce, or to taste 1 small onion, minced 2 eggs

2 jalapeno pepper, seeded and minced

3 tablespoons all-purpose flour 1/4 cup canola oil

#### **Directions**

Place tomatoes, onion, jalapeno, and water into the bowl of a blender; blend until smooth. Heat 1/4 cup canola oil in a saucepan over medium heat. Carefully stir in tomato puree, and cook for 15 minutes until thickened.

While the sauce is cooking, season the shredded potato to taste with salt, pepper, and hot pepper sauce. Mix in onion, eggs, and jalapeno; sprinkle with flour and mix until thoroughly combined. Heat canola oil in a large skillet over medium-high heat.

Drop potato mixture into hot oil by the heaping tablespoon. Flatten slightly, and cook until golden brown on both sides, about 2 minutes per side. Drain on paper towels, and continue with remaining potato mixture. Serve the potato pancakes with sauce spooned overtop.

#### Gingery Mung Bean Sprouts Pancake

#### Ingredients

#### root

- 1 tablespoon tamari
- 1/4 teaspoon sea salt
- 6 tablespoons barley flour
- 1/4 cup water

(optional)

- 1 cup mung bean sprouts
- 1 teaspoon vegetable oil
- 1 teaspoon sesame oil ground cayenne pepper to taste

#### Directions

2 tablespoons minced fresh ginger In a medium bowl, mix together ginger, tamari, sea salt, barley flour, and water. Stir in mung bean sprouts, coating the sprouts with the batter. You may want to break some sprouts into smaller pieces before adding to the batter.

> Heat vegetable oil and sesame oil in a large skillet over medium heat. Reduce heat to low, and pour in batter to make one 6 inch pancake. Cook for about 4 minutes on each side. Serve hot or cool. Sprinkle cayenne pepper or more soy sauce over the cooked pancake if you like!

#### Pancake Stack with Syrup

#### Ingredients

- 1 1/3 cups all-purpose flour 2 tablespoons sugar
- 3 teaspoons baking powder 1/2 teaspoon salt
- 1 egg
- 1 cup milk
- 3 tablespoons vegetable oil SYRUP:
- 1 cup packed brown sugar 1/2 cup water
- 2 teaspoons butter
- 1/2 teaspoon rum extract

#### **Directions**

In a small bowl, combine the flour, sugar, baking powder and salt. Combine the egg, milk and oil; stir into dry ingredients just until combined. Pour batter by 1/3 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top of the pancake; cook until second side is golden brown.

Meanwhile, in a small saucepan, combine syrup ingredients. Cook until sugar is dissolved. Serve with pancakes.

#### Whole Grain Pancakes

#### Ingredients

1 cup whole wheat flour
1/2 cup rolled oats
1/4 cup cornmeal
3 tablespoons flaxseed meal
3 tablespoons brown sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1 egg, beaten
2 cups buttermilk
cooking spray

#### Directions

In a large bowl, stir together the whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda. Pour in buttermilk and egg. Stir just until smooth.

Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

#### Baked Pancakes with Sausages

#### Ingredients

- 1 pound pork sausage links
- 1 3/4 cups all-purpose flour
- 4 teaspoons baking powder
- 5 teaspoons white sugar
- 1 teaspoon salt
- 3 eggs
- 1 1/2 cups milk
- 3 tablespoons shortening, melted

#### Directions

Preheat oven to 450 degrees F (230 degrees C). Grease a 10x15 inch jellyroll pan. Place sausages in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Sift together the flour, baking powder, white sugar and salt, set aside.

In a large mixing bowl, beat eggs until light and fluffy. Add milk and shortening; mix well. Gradually stir in dry ingredients until smooth. Pour the batter into the prepared jelly roll pan. Arrange sausages on top of the batter.

Bake for 15 minutes, In the preheated oven, or until pancakes are cooked through. Cut into 10 pieces and serve hot with butter and syrup.

#### Yeast Pancakes

#### Ingredients

# 2 1/4 cups all-purpose flour 3 tablespoons white sugar 1 teaspoon salt 1 teaspoon ground cinnamon 2 1/4 teaspoons rapid rise yeast 1 teaspoon vanilla extract 1 1/2 cups warm milk 1/4 cup butter, melted 1 egg

#### Directions

In a large bowl combine flour, white sugar, salt, cinnamon and yeast; mix well. Add vanilla, milk, butter, and egg until well blended. Cover and place in refrigerator overnight.

Heat a lightly oiled griddle or frying pan over medium high heat. Stir the batter with a whisk. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Overnight Pancakes

#### Ingredients

#### 1 (.25 ounce) package active dry yeast

- 1/4 cup warm water (105 degrees to 115 degrees)
- 4 cups all-purpose flour
- 2 tablespoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons sugar
- 1 teaspoon salt
- 6 eggs
- 1 quart buttermilk
- 1/4 cup vegetable oil

#### Directions

In a small bowl, dissolve yeast in water; let stand for 5 minutes.

Meanwhile, in a large bowl, combine the dry ingredients. Beat eggs, buttermilk and oil; stir into dry ingredients just until moistened. Stir in yeast mixture. Cover and refrigerate for 8 hours or overnight.

To make pancakes, pour batter by 1/4 cupfuls onto a greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown.

#### Country Crunch Pancakes

#### Ingredients

2 cups all-purpose flour 1/3 cup whole wheat flour 1/3 cup quick-cooking oats 2 tablespoons sugar 2 teaspoons baking powder 1 teaspoon baking soda 1 teaspoon salt 1 teaspoon ground cinnamon 2 1/4 cups buttermilk 2 eggs, lightly beaten 2 tablespoons vegetable oil 1 cup fresh or frozen blueberries CRUNCHY TOPPING: 1/2 cup quick-cooking oats 1/4 cup chopped slivered almonds 1/4 cup packed brown sugar 1 teaspoon ground cinnamon

#### **Directions**

In a mixing bowl, combine flours, oats, sugar, baking powder, baking soda, salt and cinnamon. Combine buttermilk, eggs and oil; stir into dry ingredients just until blended. Fold in blueberries if desired. Combine topping ingredients; sprinkle about 1 teaspoon for each pancake onto a lightly greased hot griddle; pour 1/4 cup of batter over topping. Immediately sprinkle with another teaspoonful of topping; turn when bubbles form on top of pancake. Cook until second side is golden brown.

#### Cinnamon Apple Pancakes

#### Ingredients

#### 2 cups whole wheat flour

- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 eggs, lightly beaten
- 2 cups fat-free milk
- 2 tablespoons honey
- 1 tablespoon canola oil
- 1 medium apple peeled, cored and chopped

#### **Directions**

In a large bowl, combine the flour, baking powder, cinnamon and salt. Combine the eggs, milk, honey and oil; stir into dry ingredients just until moistened. Add apple.

Pour batter by 1/3 cupfuls onto a hot nonstick skillet coated with nonstick cooking spray. Turn when bubbles form on top; cook until second side is golden brown.

#### The Most Incredible Pancake Bites Ever

#### Ingredients

#### 2 cups complete buttermilk pancake mix

- 1 tablespoon French vanilla flavored powdered non-dairy creamer
- 2 tablespoons cinnamon sugar 1/4 cup water
- 1/2 cup soy milk
- 1 teaspoon vanilla extract
- 1 teaspoon honey

#### Directions

In a medium bowl, mix together the pancake mix, coffee creamer, and cinnamon sugar. Add the water, soy milk, honey and vanilla; mix until just blended, but do not over mix or the pancakes will be tough.

Heat a griddle or large skillet over medium heat. Spray with nonstick cooking spray. Use about 2 tablespoons of batter per pancake, and spoon onto the griddle. Cook until bubbles form, then flip and brown on the other side.

#### Oatmeal Pancakes I

#### Ingredients

2 cups rolled oats
1 cup buttermilk
2 eggs
1/4 cup butter, melted
1/2 cup all-purpose flour
2 tablespoons white sugar
1 teaspoon baking powder
1 teaspoon baking soda

#### Directions

Mix oats and buttermilk in a bowl. Let sit for 15 minutes. Add eggs, butter, flour, sugar, baking powder and baking soda; stir until blended.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Golden Penny Pancakes

#### Ingredients

3/4 cup all-purpose flour1 1/2 teaspoons white sugar1 1/2 teaspoons baking powder1 cup shredded sharp Cheddar cheese

- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil

#### **Directions**

Mix together flour, sugar, baking powder and cheese. In a separate bowl, beat together egg, milk and oil. Stir egg mixture into flour mixture until just combined.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Fruity Pancakes

#### Ingredients

2 cups all-purpose flour
1 cup white sugar
1 teaspoon baking soda
1/2 teaspoon salt
2 egg whites, beaten
1 (15.25 ounce) can fruit cocktail, drained

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Coat two non-stick baking sheets with cooking spray.

Sift together the flour, sugar, baking soda, and salt. Gradually beat the flour mixture into the egg whites to form a batter. Evenly fold the fruit cocktail into the batter. Dollop the batter in 2 tablespoon portions onto the prepared baking pans, leaving at least 2 inches between pancakes.

Bake in preheated oven until puffed and golden brown, 10 to 15 minutes.

#### Blueberry Pancakes

#### Ingredients

1 cup all-purpose flour
1 teaspoon baking powder
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cinnamon
1 tablespoon white sugar
1 egg
1/2 cup plain yogurt
1/2 cup milk
2 tablespoons vegetable oil
3/4 cup fresh blueberries

#### Directions

Preheat griddle over medium heat. Stir together the flour, baking powder, nutmeg, cinnamon and sugar, set aside.

In a medium bowl, stir together the egg, yogurt, milk and oil. Gradually stir in the flour mixture, then fold in the blueberries.

Pour batter onto hot greased griddle, two tablespoons at a time. Cook over medium heat until bubbles pop and stay open, then turn over and cook on the other side until golden.

#### Anne's Potato Pancakes

#### Ingredients

#### 8 medium red potatoes, with peel, shredded

- 1 large sweet onion, minced
- 3 eggs, lightly beaten
- 3 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1 tablespoon dried rosemary
- 1 tablespoon salt
- 2 teaspoons ground black pepper
- 1 1/2 teaspoons lime juice
- 2 tablespoons vegetable oil

#### Directions

In a large bowl, mix the red potatoes, onion, eggs, flour, baking powder, rosemary, salt, pepper, and lime juice.

Heat the oil in a skillet over medium-high heat. Scoop about 2/3 cup at a time of the potato mixture into the skillet, and press down with a spatula into a pancake shape. Cook 3 to 4 minutes on each side, until crisp and golden brown. Drain on paper towels. Repeat with remaining potato mixture.

# Spinach Pancakes

# Ingredients

# 4 tablespoons all-purpose flour 2 eggs

1 (10 ounce) package frozen spinach, thawed and drained salt and pepper to taste 1/2 teaspoon paprika 2 tablespoons olive oil

#### **Directions**

In a medium bowl, mix together flour and eggs. Stir in spinach, and season with salt and pepper to taste and paprika.

Heat olive oil in a large skillet. Drop spinach mixture into the oil by the spoonful, and flatten into patties. Cook until browned on both sides. Remove to paper towels to drain. Serve warm.

#### Potato Pancakes I

#### Ingredients

- 4 large potatoes
- 1 yellow onion
- 1 egg, beaten
- 1 teaspoon salt
- 2 tablespoons all-purpose flour ground black pepper to taste 2 cups vegetable oil for frying

#### Directions

Finely grate potatoes with onion into a large bowl. Drain off any excess liquid.

Mix in egg, salt, and black pepper. Add enough flour to make mixture thick, about 2 to 4 tablespoons all together.

Turn oven to low, about 200 degrees F (95 degrees C).

Heat 1/4 inch oil in the bottom of a heavy skillet over medium high heat. Drop two or three 1/4 cup mounds into hot oil, and flatten to make 1/2 inch thick pancakes. Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain, and keep warm in low oven until serving time. Repeat until all potato mixture is used.

# Truck-Stop Buttermilk Pancakes

#### Ingredients

#### 5 eggs

- 1 1/2 cups milk
- 6 tablespoons butter, melted
- 5 cups buttermilk
- 5 cups all-purpose flour
- 5 teaspoons baking powder
- 5 teaspoons baking soda
- 1 pinch salt (optional)
- 5 tablespoons sugar

#### Directions

In a large bowl, whisk together the eggs, milk, butter and buttermilk. Combine the flour, baking powder, baking soda and sugar; stir into the wet ingredients just until blended. Adjust the thickness of the batter to your liking by adding more flour or buttermilk if necessary.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side. Continue with remaining batter.

# Maple Bacon Pancake

#### Ingredients

4 ounces bacon
1 cup baking mix
1 1/4 cups shredded Cheddar cheese, divided
1/2 cup milk
1/4 cup maple syrup
2 tablespoons white sugar
2 eggs

#### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Spray a 9 inch pie plate with non-stick cooking spray.

In a large bowl, beat together baking mix, 3/4 cup cheddar cheese, milk, maple syrup, sugar and eggs until only small lumps of cheese remain. Pour into prepared pie plate.

Bake in preheated oven for 10 to 15 minutes, until a toothpick inserted into center of pancake comes out clean. Sprinkle bacon and remaining 1/2 cup cheese over top of pancake. Bake until cheese melts, about 3 to 5 minutes.

# Savory Filled Cottage Cheese Pancakes

#### Ingredients

1/2 cup instant oatmeal
1/4 cup cottage cheese
1/2 cup egg whites
water, as needed
1 clove garlic, minced
1/2 teaspoon Italian seasoning
1 dash cayenne pepper
salt and pepper to taste
olive oil cooking spray
1/2 cup chopped mushrooms
1 cup chopped fresh spinach
2 slices Canadian bacon, diced
1 ounce crumbled feta cheese

#### **Directions**

Blend the oatmeal, cottage cheese, and egg whites in a blender until smooth; add water as needed to keep the mixture moving. Add the garlic, Italian seasoning, cayenne pepper, salt, and black pepper; blend to combine.

Prepare a saucepan with cooking spray and place over medium heat; cook the mushrooms in the hot pan until tender, 5 to 7 minutes; set aside.

Prepare a large skillet with cooking spray and place over mediumhigh heat; cook the cottage cheese mixture in the hot skillet until bubbles begin to form on the top. Flip the pancake and cook until browned on the bottom; remove from heat. Spread the mushrooms over one half of the pancake; top the mushrooms with the spinach, Canadian bacon, and feta cheese. Fold the other half of the pancake over the fillings like you would an omelet.

# Sunday Morning Lemon Poppy Seed Pancakes

#### Ingredients

#### 3/4 cup milk

- 1 tablespoon vinegar
- 1 tablespoon lemon juice
- 1 egg
- 2 tablespoons butter, melted
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon poppy seeds
- 1 teaspoon lemon zest cooking spray

#### Directions

Stir the milk, vinegar, and lemon juice together in a bowl; let stand 10 minutes to curdle. Whisk in egg, butter, and vanilla extract.

In a separate bowl, mix together the flour, sugar, baking powder, baking soda, salt, poppy seeds, and lemon zest until well combined. Pour the milk mixture into the flour mixture and whisk a few times until the batter is mostly free of lumps.

Heat a skillet over medium heat and spray with cooking spray. Pour 1/4 cup of batter per pancake into the skillet and cook until bubbles appear on the surface, about 2 minutes. Flip the pancakes over with a spatula and brown the other side, about 2 more minutes.

# Fancy Pancakes

# Ingredients

#### 3 eggs

- 3 tablespoons white sugar
- 3 tablespoons all-purpose flour
- 1 cup heavy cream
- 1/4 cup butter, melted

#### Directions

In a large bowl, beat eggs with sugar until thick and pale. Beat in flour and cream, alternately. Fold in melted butter.

Heat a skillet over high heat. Ladle batter onto hot skillet, tilting to coat entire surface. Cook 2 minutes, turning once when edges get crispy (the second side will take about 30 seconds).

## Mom's Buttermilk Pancakes

#### Ingredients

- 1 cup flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 egg
- 1 1/8 cups buttermilk
- 2 tablespoons butter, melted

#### **Directions**

Preheat and lightly grease a large skillet or electric griddle.

Mix the flour, salt, and baking soda together in a bowl. Add the egg, buttermilk, and butter; stir together lightly, but keep it lumpy. The batter should look thick, spongy, and puffy.

Drop 1/3 cup of the batter onto the cooking surface, spreading lightly with the bottom of the cup. Cook until lightly-browned on each side, 1 to 2 minutes per side.

# Potato Pancakes

# Ingredients

# 5 potatoes, peeled and shredded 2 eggs, beaten 1 onion, finely chopped 3 tablespoons all-purpose flour salt and pepper to taste 3 tablespoons vegetable oil

#### Directions

In a large bowl, stir together potatoes, eggs, onion, flour, salt and pepper.

In a large skillet, heat oil over medium high heat. Drop large spoonfuls of the potato batter into the skillet and flatten cakes slightly with a spatula. Cook for about 4 minutes on each side, until golden brown. Serve immediately.

# Chocolate Chip Pancakes

#### Ingredients

chocolate chips

1 cup all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 egg
1 cup chocolate milk
2 tablespoons vegetable oil
1/2 teaspoon vanilla extract
1/4 cup miniature semisweet

Sliced strawberries and bananas

#### Directions

In a bowl, combine flour, sugar, baking powder and salt.

In another bowl, beat the egg, milk, oil, vanilla and chocolate chips. Add to dry ingredients and mix well.

Pour batter by 1/4 cupfuls onto a lightly greased hot griddle (stir the batter before pouring each batch). Turn when bubbles form on top of pancakes. Cook until the second side is brown. Top with strawberries and bananas.

# **Corned Beef Potato Pancakes**

# Ingredients

3 medium potatoes, shredded 2 green onions, chopped 1/2 (12 ounce) can corned beef, broken into very small chunks 1 egg salt and pepper to taste 1/4 cup vegetable oil

#### **Directions**

In a large bowl, mix the potatoes, green onions, corned beef, and egg. Season with salt and pepper. Form the mixture into golf ball sized balls.

Heat the oil in a skillet over medium heat. Place the potato balls a few at a time into the skillet, flatten with a spatula, and fry 7 minutes on each side, until crisp and golden brown. Drain on paper towels.

# Wheat Germ Whole-Wheat Buttermilk Pancakes

#### Ingredients

2 eggs, lightly beaten
1/4 cup canola oil
2 cups buttermilk
2 teaspoons baking soda
1/2 cup wheat germ
1/2 teaspoon salt
1 1/2 cups whole wheat pastry
flour

#### Directions

In a medium bowl, mix eggs with oil and buttermilk. Stir in baking soda, wheat germ, salt and flour; mix until blended.

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides, turning once.

# Ricotta Breakfast Pancakes

#### Ingredients

#### 2 1/2 cups pancake mix 2 2/3 cups skim milk, or as needed

2 cups part-skim ricotta cheese

#### **Directions**

Whisk together the pancake mix, skim milk, and ricotta in a bowl until smooth. Batter should be thick; add more milk if necessary to get desired consistency.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

# Golly Gee Gluten-Free Pancakes

# Ingredients

1 egg
1/4 cup apple juice
1 tablespoon unsalted butter,
melted
1/4 cup amaranth flour
1/4 cup tapioca flour
3 tablespoons arrowroot flour
1/4 teaspoon ground cinnamon
1 pinch ground nutmeg
1/2 teaspoon wheat-free baking
powder
1/4 teaspoon salt

#### **Directions**

In a medium mixing bowl, beat the egg with the apple juice and melted butter. Add the remaining ingredients and stir.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. This batter must be used right away and can not sit and wait.

# Volcano Pancake

# Ingredients

6 eggs
1 cup milk
1 cup all-purpose flour
1/2 teaspoon salt
1/2 cup butter or margarine,
melted
3/4 cup shredded Cheddar
cheese

#### Directions

In a bowl, beat eggs. Add milk, flour and salt; stir until smooth. Pour butter into a 13-in. x 9-in. x 2-in. baking pan. Add batter.

Bake at 400 degrees for 30-35 minutes or until a knife inserted near the center comes out clean. Sprinkle with cheese. Serve immediately.

# Delicious Gluten-Free Pancakes

#### Ingredients

# 1 cup rice flour 3 tablespoons tapioca flour 1/3 cup potato starch 4 tablespoons dry buttermilk powder 1 packet sugar substitute 1 1/2 teaspoons baking powder 1/2 teaspoon baking soda 1/2 teaspoon salt 1/2 teaspoon xanthan gum 2 eggs

3 tablespoons canola oil

2 cups water

#### Directions

In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.

Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

## Blue Cornmeal Pancakes

#### Ingredients

3/4 cup blue cornmeal

- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 cup boiling water
- 1 beaten egg
- 1/2 cup milk
- 2 tablespoons butter, melted 3/4 cup unbleached all-purpose
- flour
- 2 teaspoons baking powder 1/2 cup pine nuts, toasted

#### **Directions**

In a medium bowl, mix together the blue cornmeal, salt and sugar. Stir in the boiling water until all of the ingredients are wet. Cover, and let stand for a few minutes.

In a measuring cup, combine the milk, egg and melted butter. Stir the milk mixture into the cornmeal mixture. Combine the flour and baking powder; stir into the cornmeal mixture until just incorporated. If the batter is stiff, add a little more milk until it flows off the spoon thickly but smoothly.

Heat a large cast iron skillet over medium heat, and grease it with a dab of oil or butter. Use about 2 tablespoons of batter for each pancake. Quickly sprinkle a few pignoli onto each cake. When the entire surface of the pancakes are covered with bubbles, flip them over, and cook the other side until golden. It's hard to tell when blue food is cooked through--so give them a few extra seconds if you're in doubt.

Serve immediately with maple syrup of fruit preserves.

## Austrian Pancake

#### Ingredients

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 1 cup milk
- 3 eggs
- 1 cup heavy cream
- 2 tablespoons margarine

#### **Directions**

Preheat the oven to 325 degrees F (165 degrees C).

In a medium bowl, stir together the flour, salt and sugar. Pour in milk, eggs and cream, and stir into a smooth batter. Meanwhile, melt margarine in a cast iron skillet. Pour the batter over the melted margarine.

Place the skillet in the oven, and bake for 35 minutes. The pancake will rise to form a bubble in the middle. Remove from the oven, and let cool until the pancake sets, or goes down. Cut into pieces, serve with maple syrup and enjoy!

# Whole Wheat and Quinoa Pancakes

#### Ingredients

1 cup frozen mixed berries (such as Europe's Best® 4-Field Berry Mix)

2 tablespoons maple syrup

1 cup whole wheat flour

1/2 cup quinoa flour

2 teaspoons baking powder

1 tablespoon ground cinnamon

2 tablespoons SPLENDA®

Granular (optional)

1 cup milk

1 egg, beaten

1 cup vanilla yogurt

#### Directions

Place frozen berries and maple syrup in a microwavable bowl, and cook on High for 2 minutes. Drain.

In a large bowl, stir together the whole wheat flour, quinoa flour, baking powder, and cinnamon. Stir in Splenda® if desired. Pour in milk and egg. Stir just until smooth.

Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter. Top pancakes with berries and vanilla yogurt to serve.

## Zucchini Pancakes

# Ingredients

1/2 cup all-purpose flour
1/2 cup grated Parmesan cheese
1/2 teaspoon dried oregano
salt and pepper to taste
1 1/2 cups shredded zucchini
1 egg, beaten
2 tablespoons chopped onion
2 tablespoons mayonnaise
2 tablespoons butter or margarine
Sour cream

#### Directions

In a bowl, combine the flour, Parmesan cheese, oregano, salt and pepper. Combine the zucchini, egg, onion and mayonnaise; stir into dry ingredients until well blended.

In a large skillet, melt butter. Drop zucchini mixture by cupfuls into skillet; press lightly to flatten. Fry until golden brown, about 2 minutes on each side. Drain on paper towels. Serve with sour cream if desired.

# Coconut Pancake Syrup

# Ingredients

1 (13.5 ounce) can coconut milk2 tablespoons cornstarch2 cups light corn syrup1/2 cup white sugar1/2 cup shredded sweetenedcoconut

#### **Directions**

Whisk together the coconut milk and cornstarch in a saucepan until the cornstarch is dissolved. Pour in the corn syrup, sugar, and coconut; bring to a boil, stirring continually. As soon as the mixture comes to a rolling boil, remove from heat. Allow to cool completely before serving.

# Chocolate Chip Pancakes

# Ingredients

2 cups all-purpose flour

1/4 cup sugar

2 tablespoons baking powder

1 teaspoon salt

2 eggs

1 1/2 cups milk

1/4 cup vegetable oil

1/2 cup miniature chocolate chips CINNAMON HONEY SYRUP:

1 cup honey

1/2 cup butter or margarine, cubed

1 teaspoon ground cinnamon

#### **Directions**

In a bowl, combine the flour, sugar, baking powder and salt. Combine eggs, milk and oil; add to dry ingredients and mix well. Stir in chocolate chips. Pour the batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown. Keep warm.

Combine the syrup ingredients in a 2-cup microwave-safe bowl. Microwave, uncovered, on high until butter is melted and syrup is hot, stirring occasionally. Serve with pancakes.

#### Ranch Barbecue Pancakes

#### Ingredients

1 cup white sugar2 eggs1/4 cup barbecue sauce1/4 cup ranch dressing1/2 cup vegetable oil2 cups all-purpose flour

#### **Directions**

Place a large skillet over medium-low heat.

Whisk together the sugar, eggs, barbeque sauce, ranch dressing, and vegetable oil in a bowl until smooth. Stir in the flour until a moist, slightly lumpy batter forms. If the mixture is too runny, add additional flour until you get the desired consistency.

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Bubbles will start to form in the pancakes. Cook until the edges of the pancakes start to look dry, and a bubble popped near the edge holds its shape. Flip the pancakes over, and continue cooking until the other side is golden brown. Repeat with remaining batter, adding more oil to the griddle if necessary. Stack the pancakes on a plate and keep warm until serving. For larger batches, keep pancakes warm in a single layer on a cooling rack positioned over a baking sheet in a 300 degrees F oven (150 degrees C).

# Amish Sourdough Pancakes

## Ingredients

2 cups buttermilk pancake mix1 1/2 cups water1 cup Amish Friendship BreadStarter

#### **Directions**

Place the pancake mix in a large bowl. Add the water and Amish Friendship Bread Starter and stir until well combined.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

## **Swedish Pancakes**

## Ingredients

- 4 extra large eggs, separated
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 2 tablespoons white sugar
- 1 cup milk
- 3 tablespoons sour cream
- 4 egg whites
- 3 tablespoons vegetable oil

#### **Directions**

In a medium-size mixing bowl, beat yolks until thick. In a separate bowl, sift together flour, salt and sugar. Add the sugar mixture and milk into the egg yolks incrementally. Stir in the sour cream,

In a medium-size mixing bowl, beat egg whites until stiff but not dry. Fold the egg whiles into the batter.

Heat skillet or griddle to a high temperature. Place a small amount of oil on the skillet and pour about 1 tablespoon of batter onto the skillet, and spread the batter out evenly. Brown the pancake on one side. Flip pancake over when bubbles appear on surface. Brown on the other side. Repeat process with remaining batter.

## Banana and Peanut Butter Pancakes

# Ingredients

1 cup all-purpose flour
1 1/4 teaspoons baking powder
1 teaspoon brown sugar
1/4 teaspoon salt
1/4 cup creamy peanut butter
1 1/2 cups milk
1/4 teaspoon vanilla extract
1 small banana, peeled and chopped

#### Directions

Combine flour, baking powder, brown sugar, and salt in a large bowl. Mix in the peanut butter until the texture resembles cornmeal. Add milk and vanilla; stir just until blended. Stir in the banana pieces.

Heat a large skillet over medium heat, and coat with cooking spray. Spoon batter onto the skillet, using approximately 2 tablespoons to form each silver dollar pancake. Cook until pancakes are golden brown on both sides; serve hot.

# Chocolate Chip Pancakes

# Ingredients

2 cups all-purpose flour
2 teaspoons sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
2 eggs, lightly beaten
2 cups buttermilk
1/4 cup vegetable oil
1 cup miniature semisweet chocolate chips

#### **Directions**

In a bowl, combine the first five ingredients. Combine the eggs, buttermilk and oil; stir into dry ingredients just until moistened. Pour the batter by 1/4 cupfuls onto a greased hot griddle.

Sprinkle each pancake with 2 teaspoon chocolate chips. Turn when bubbles for on top of pancake; cook until second side is golden brown.

## Cheddar Corn Pancakes

# Ingredients

2 tablespoons butter
2 eggs
3/4 cup milk
1 cup cornmeal
1/2 cup all-purpose flour
1 tablespoon white sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 (8.75 ounce) can sweet corn,
drained
1/2 cup shredded Cheddar
cheese

#### Directions

Melt butter in a large nonstick skillet and set aside to cool slightly.

In a medium mixing bowl, beat the eggs. Beat in the milk. Add the cornmeal, flour, sugar, baking powder and salt. Mix until just combined. Add corn, cheese and melted butter from skillet and mix just until combined.

Heat the same skillet over medium heat until hot. Drop batter by 1/4 cupfuls onto the hot skillet and cook until golden brown, about 2 minutes per side. Repeat with the remaining batter. Serve hot with syrup.

# Corn Muffin Pancakes

#### Ingredients

# 1 (7 ounce) package corn muffin mix

- 1/2 cup flour
- 2 tablespoons baking powder
- 1 egg
- 1 cup milk
- 2 tablespoons cooking oil

#### Directions

Prepare a skillet with cooking spray and place over medium-high heat.

Whisk together the muffin mix, flour, baking powder, egg, milk, and cooking oil until smooth.

Pour 1/4 cup of batter into skillet. Cook pancake until bubbles form on top and bottom is golden brown, 1 to 2 minutes; flip and cook until bottom side reaches same golden-brown color of top of pancake. Repeat until batter is completely used.

# Sunrise Orange Pancakes

## Ingredients

7 tablespoons sugar, divided 1 1/2 teaspoons cornstarch 1 1/2 cups orange juice, divided 2 cups biscuit/baking mix 2 eggs 3/4 cup milk

#### **Directions**

In a saucepan, combine 4 tablespoons sugar, cornstarch and 3/4 cup orange juice; stir until smooth. Bring to a boil; cook and stir for 2 minutes. Remove from heat; cool to lukewarm.

Meanwhile, combine biscuit mix and remaining sugar in a bowl. Beat the eggs, milk and remaining orange juice; stir into dry ingredients just until moistened. Pour the batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown. Serve with the orange sauce.

# Dairy and Gluten-Free 'Buttermilk Pancakes'

# Ingredients

1 cup sweet rice flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
(optional)
1/2 teaspoon salt
2 eggs, beaten
1 1/4 cups soy yogurt
1/4 cup rice milk
2 tablespoons vegetable oil

#### Directions

Sift the rice flour, baking powder, baking soda, cinnamon, and salt in a bowl. In another bowl, whisk together the beaten eggs, soy yogurt, rice milk, and oil, and pour into the flour mixture. Stir briefly just to combine.

Heat a lightly oiled griddle or frying pan over medium-high heat. Scoop about 1/4 cup of batter per pancake onto the heated griddle, and cook for 1 to 2 minutes, until bubbles appear on the surface. Flip the pancake and cook 1 to 2 minutes more, until the pancake is golden brown on both sides.

# Apple Puff Pancake

# Ingredients

1/2 cup all-purpose flour
1/8 teaspoon salt
2 eggs
1/2 cup milk
1 tablespoon butter or margarine, melted
1 medium tart apple, peeled and chopped
1/2 cup apple jelly
1/8 teaspoon ground cinnamon

#### Directions

In a mixing bowl, combine flour and salt. Add eggs, milk and butter. Pour into a greased 8-in. square baking pan. bake at 400 degrees F for 20-25 minutes or until lightly browned. Meanwhile, combine the chopped apple, jelly and cinnamon in a saucepan. Cook and stir until jelly is melted. Cut pancake into fourths; place two pieces on each plate. Top with apple mixture.

## Oatmeal Pancakes

#### Ingredients

1 cup whole wheat flour
1 cup old-fashioned oats
1/4 cup wheat germ
1/4 cup instant nonfat dry milk
powder
1 tablespoon brown sugar
1 teaspoon baking soda
2 eggs
2 cups buttermilk
1/4 cup vegetable oil
BUTTERMILK SYRUP:
1 cup sugar
1/4 cup butter or margarine
1 tablespoon light corn syrup
3/4 cup buttermilk

1 teaspoon vanilla extract

#### Directions

In a large bowl, combine dry ingredients. In another bowl, beat eggs, buttermilk and oil; mix well. Stir into dry ingredients just until blended. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden. Meanwhile, for syrup, combine sugar, butter and corn syrup in a saucepan. Bring to a boil over medium heat; boil and stir for 5 minutes or until golden brown. Remove from the heat; stir in buttermilk and vanilla. Let stand 5 minutes. Stir; serve with pancakes.

# Cornbread Pancakes

# Ingredients

3/4 cup all-purpose flour
3/4 cup cornmeal
2 tablespoons white sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cups buttermilk
2 large eggs
3 tablespoons butter, melted and cooled

#### Directions

Whisk flour, cornmeal, sugar, baking powder, baking soda, and salt in a large bowl. Whisk buttermilk, eggs and butter in a separate large bowl. Stir the liquid mixture into the dry mixture until blended and smooth.

Heat a lightly oiled griddle or skillet over medium-high heat. For each pancake, pour 1/4 cup batter on griddle and cook until browned, about 1 1/2 minutes. Flip and cook until browned on the other side, about 1 minute. Continue with remaining batter.

# Whole Wheat, Oatmeal, and Banana Pancakes

#### Ingredients

1 cup uncooked rolled oats
1 cup whole wheat flour
3/4 cup all-purpose flour
1/4 cup brown sugar
2 tablespoons dry milk powder
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg

- 2 cups r
- 2 cups milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 banana, mashed

#### Directions

Place the rolled oats into the jar of a blender and blend until the texture resembles coarse flour. Whisk together the blended oats, whole wheat flour, all-purpose flour, brown sugar, dry milk powder, baking powder, baking soda, and salt in a bowl; set aside.

Whisk together the egg, milk, vegetable oil, and vanilla. Stir in the mashed banana. Pour the egg mixture into the flour mixture and stir just until moistened. Let the batter stand for 5 minutes.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry, about 2 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter.

# Brown Sugar Oatmeal Pancakes

## Ingredients

# 10 tablespoons quick cooking oats

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup packed brown sugar
- 1 egg
- 2 tablespoons vegetable oil
- 1 cup buttermilk

#### Directions

In a small bowl, combine the oats, flours, baking soda, salt and sugar. In another small bowl, beat the egg, oil and buttermilk. Stir into dry ingredients just until moistened.

Pour batter by 1/3 cupful onto a greased hot griddle. Turn when bubbles form on top; cook until the second side is golden brown.

# LynzzPaige's Kaiserschmarrn (Emperor's

### Ingredients

1/2 cup all-purpose flour
5 tablespoons white sugar
1/2 teaspoon salt
1 cup milk
5 eggs, separated
2 tablespoons butter
confectioners' sugar

#### Directions

Sift flour, sugar, and salt together in a mixing bowl. Pour the milk slowly into the dry mixture while stirring. Add the egg yolks one at a time, beating until well blended before adding the next egg yolk.

Place the egg whites in a separate bowl; beat until egg whites form stiff peaks. Gently stir 1/3 of the egg whites into the batter. Fold in the remaining egg whites.

Melt 1 tablespoon butter in an 8 inch skillet over moderate heat. Pour in half the batter and cook about 4 minutes or until browned on the bottom. Loosen edges and slide pancake onto a plate using spatula. Invert the pancake back into the skillet and cook until both sides are brown, about 2 minutes. Remove to a warm platter and keep warm.

Make the second pancake the same way. Dust with confectioners' sugar and serve.

## **Pancakes**

# Ingredients

#### 1 cup sifted self-rising flour

- 1 cup milk
- 1 egg
- 2 tablespoons vegetable oil

### Directions

Beat eggs, oil, and milk together, and add to flour. Stir until combined.

Heat a greased griddle until drops of water sprinkled on it evaporate noisily. Pour 1/8 to 1/4 cup batter onto the griddle. Turn over with a metal spatula when bubbles begin to form on top. Cook second side to a golden brown color.

# Fruit-Topped Buttermilk Pancakes

# Ingredients

#### 1 (10 ounce) package frozen sweetened raspberries, thawed 2 medium ripe bananas, sliced 1 (8 ounce) can pineapple chunks, drained 1/2 cup packed brown sugar PANCAKES:

- 1 3/4 cups all-purpose flour 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 2 cups buttermilk
- 1/4 cup vegetable oil
- 1/2 teaspoon vanilla extract

### **Directions**

In a blender, combine raspberries, bananas, pineapple and brown sugar; cover and process until blended. Transfer to a small saucepan; cook and stir over low heat until heated through. Set aside and keep warm. For pancakes, combine the dry ingredients in a bowl. In another bowl, beat the eggs, buttermilk, oil and vanilla. Stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a greased hot griddle. Turn when bubbles form on top; cook until the second side is golden brown. Serve with warm fruit topping.

# Volcano Pancake

# Ingredients

6 eggs
1 cup milk
1 cup all-purpose flour
1/2 teaspoon salt
1/2 cup butter or margarine,
melted
3/4 cup shredded Cheddar
cheese

### Directions

In a bowl, beat the eggs. Add milk, flour and salt; stir until smooth. Pour butter into a 13-in. x 9-in. x 2-in. baking pan. Add batter. Bake at 400 degrees F for 30-35 minutes or until a knife inserted near the center comes out clean. Sprinkle with cheese. Serve immediately.

# **Banana Nut Pancakes**

# Ingredients

1 (3 ounce) package cream cheese, softened
1/2 cup whipped topping
1 cup pancake mix
1 tablespoon sugar
1 egg
3/4 cup milk
2 teaspoons vegetable oil
1 medium ripe banana, mashed
1/2 cup chopped pecans

#### Directions

In a small mixing bowl, beat the cream cheese until smooth. Mix in whipped topping (mixture will be stiff); set aside.

In a bowl, combine pancake mix and sugar. Beat egg, milk and oil; add to pancake mix and mix well. Fold in banana and pecans. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown. Serve with cream topping.

# Banana Pancakes II

# Ingredients

1 cup all-purpose flour
2/3 cup whole wheat flour
1/4 teaspoon salt
2 1/2 teaspoons baking powder
2 tablespoons white sugar
1 1/2 cups buttermilk
2 small ripe bananas, finely chopped

### Directions

In a large bowl, mix all-purpose flour, whole wheat flour, salt, baking powder and sugar. Stir in buttermilk and bananas just until moistened.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# **Delicious Pancakes**

# Ingredients

1 cup quick cooking oats
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1/4 cup packed brown sugar
3/4 tablespoon baking powder
1/4 cup dry non-fat milk powder
1 1/4 teaspoons salt, divided
1/2 tablespoon ground cinnamon
1/8 teaspoon cream of tartar
1/3 cup vegetable oil
2 eggs, beaten
1 cup water

#### Directions

Preheat a lightly greased griddle over medium low heat.

In a large bowl, mix quick cooking oats, flour, whole wheat flour, brown sugar, baking powder, dry milk powder, salt, cinnamon and cream of tartar.

In a small bowl, beat together vegetable oil and eggs. Pour into the oats mixture, alternating with water, and mix thoroughly, creating a batter.

Pour batter, 1/4 cup at a time, onto the prepared griddle. Cook on both sides until golden brown, flipping when the surface begins to bubble.

## Russian Pancakes - Blini

### Ingredients

2 eggs
1 tablespoon white sugar
1/3 teaspoon salt
1/2 cup all-purpose flour
2 1/2 cups milk
1 tablespoon vegetable oil
1 tablespoon butter

#### **Directions**

In a medium bowl, whisk together the eggs, sugar, and salt. Sift the flour into the bowl, and stir in along with the milk. Mix until smooth and well blended. The batter should be thin.

Heat a griddle or skillet over medium heat. Lightly oil the pan or spray with cooking spray. Pour about 2 tablespoons of the batter, or as much as desired, into the pan. Tilt the pan to spread the batter out evenly. When the edges are crisp looking and the center appears dry, slide a spatula carefully under the blin. Flip, and cook for about 1 minute on the other side, or until lightly browned.

Remove blini to a plate. Put a little butter on top, and continue to stack the blini on top of each other. To serve, spread with desired filling, then fold in half, and in half again to form a triangle. Mmm Mmm!

# Low-Cholesterol Pancakes

# Ingredients

1 cup all-purpose flour
3 tablespoons sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 cup buttermilk
1/4 cup vegetable oil
1 teaspoon vanilla extract
3 egg whites

### Directions

In a bowl, combine the first four ingredients. In another bowl, combine buttermilk, oil and vanilla; add to dry ingredients. In a mixing bowl, beat egg whites until soft peaks form; fold into batter. Pour batter by 1/4 cupfuls onto a hot griddle coated with nonstick cooking spray. Turn when bubbles form on top of pancakes. Cook until second side is lightly browned.

# Easy Pancakes

# Ingredients

- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil

### Directions

In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the center, and pour in milk, egg and oil. Mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Absolute Best Pancake Syrup

# Ingredients

#### 1/2 cup butter

- 1 cup sugar
- 1 cup buttermilk
- 1 tablespoon vanilla extract
- 1 tablespoon corn syrup
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon baking soda

### Directions

Bring butter, sugar, buttermilk, vanilla extract, corn syrup, and cinnamon to a simmer in a large saucepan over medium-high heat. Once simmering, whisk in baking soda, and cook for 10 seconds before removing from heat. Serve warm.

### Wild Rice Pancakes

### Ingredients

1 1/4 cups wild rice

5 cups water

3 eggs

3 cups buttermilk

1 teaspoon vanilla extract

3 cups all-purpose flour

1/4 cup white sugar

1 tablespoon baking powder

1 1/2 teaspoons ground nutmeg

3/4 teaspoon salt

3 tablespoons butter, melted

#### Directions

Bring the wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 45 minutes depending on the variety of wild rice. Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.

Whisk eggs, buttermilk, and vanilla in a large bowl. Combine flour, sugar, baking powder, nutmeg, and salt in a separate large bowl. Slowly add the dry ingredients to the egg mixture, beating well to make a smooth batter. Stir in butter and cooked wild rice.

Heat a lightly oiled griddle or skillet over medium-high heat. For each pancake, pour 1/4 cup batter on griddle and cook until browned, about 1 1/2 minutes. Flip and cook until browned on the other side, about 1 minute. Continue with remaining batter.

# Peanut Butter and Jelly Oatmeal Pancakes

# Ingredients

# 1 1/2 cups quick cooking oats 3/4 cup all-purpose flour

- 1 teaspoon baking soda
- 1 teaspoon white sugar
- 1 teaspoon salt
- 2 cups skim milk
- 2 egg, lightly beaten
- 3 tablespoons natural peanut butter
- 2 tablespoons melted butter cooking spray
- 1/4 cup strawberry jam

#### Directions

Combine oats, flour, baking soda, sugar, and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skim milk, eggs, peanut butter, and melted butter. Make a well in the center of the dry ingredients and stir in the wet ingredients, being careful not to over mix the batter.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side, about 2 minutes per side. Serve with strawberry jam.

# Sunny Pancakes

## Ingredients

1 1/4 cups all-purpose flour3 tablespoons sugar2 1/2 teaspoons baking powder3/4 teaspoon salt

1 egg

1 cup orange juice

1/4 cup milk

3 tablespoons vegetable oil

2 teaspoons finely grated orange peel

**ORANGE SAUCE:** 

1/2 cup sugar

1 tablespoon cornstarch

1/4 teaspoon salt

3/4 cup water

1/2 cup orange juice

2 tablespoons butter or margarine

1 tablespoon lemon juice

2 teaspoons finely grated orange peel

#### Directions

In a large bowl, combine the first four ingredients. In another bowl, combine the egg, orange juice, milk, oil and orange peel; add to dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

For orange sauce, combine sugar, cornstarch and salt in a saucepan. Stir in the remaining ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve warm with pancakes.

# Corn Potato Pancakes

# Ingredients

2 cups mashed potatoes
(prepared with milk and butter)
1/4 cup all-purpose flour
1/4 cup cream-style corn
1 egg, beaten
3 tablespoons finely chopped
onion
1 teaspoon minced fresh parsley
1/2 teaspoon salt
1/2 teaspoon minced garlic

1/8 teaspoon pepper

divided

3 tablespoons vegetable oil,

### Directions

In a large bowl, combine the first nine ingredients. In a large skillet, heat 1 tablespoon oil; drop four 1/4 cupfuls of batter into skillet. Cook for 1-2 minutes on each side or until golden brown. Repeat with remaining oil and batter.

# **Bob's Cinnamon-Oatmeal Pancakes**

# Ingredients

1 3/4 cups apple cider
1 cup quick cooking oats
2 tablespoons butter, melted
2 tablespoons cider vinegar
1 teaspoon ground cinnamon
3/4 cup all-purpose flour
1 1/2 teaspoons baking powder
3/4 cup raisins
2 eggs

#### Directions

In a microwave safe bowl, combine apple cider and oats. In a separate bowl, stir together butter, cider vinegar and cinnamon. Stir the two mixtures together and microwave on high for 2 minutes. Let cool to lukewarm.

Stir together flour, baking powder, raisins and eggs. Blend flour mixture into oatmeal mixture.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Whole Wheat Blueberry Pancakes

# Ingredients

1/2 cup blueberries

# 2 teaspoons baking powder 1 egg 1 cup milk, plus more if necessary 1/2 teaspoon salt 1 tablespoon artificial sweetener

1 1/4 cups whole wheat flour

### Directions

Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and artificial sweetener in a bowl. Stir in flour until just moistened, add blueberries, and stir to incorporate.

Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

# Banana Pancakes I

# Ingredients

- 1 cup all-purpose flour
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 ripe bananas, mashed

### Directions

Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas.

Stir flour mixture into banana mixture; batter will be slightly lumpy.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

## Pancakes II

# Ingredients

- 2 eggs
- 2 teaspoons white sugar
- 1 pinch salt
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 cups milk

### Directions

Beat eggs until fluffy; beat in sugar and salt. In a separate bowl, stir flour and baking powder together. Stir milk and flour mixture alternately into eggs, starting and ending with milk.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Do not turn pancake until tiny holes appear all over the uncooked side (top) of the pancake in the pan. Brown on both sides and serve hot.

# Simple Pancakes

### Ingredients

- 1 cup all-purpose flour
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 eggs
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon vegetable oil
- 1 teaspoon margarine, softened

### Directions

In a bowl, stir together flour, sugar, salt and baking soda. In a separate large bowl, beat together eggs, milk, vanilla, vegetable oil and margarine. Stir dry ingredients into egg mixture; mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Fluffy Vegan Pancakes

# Ingredients

1 1/4 cups all-purpose flour 1 tablespoon baking powder 1/2 teaspoon fine sea salt 1/4 cup pureed extra-firm tofu 1 cup soy milk 1 tablespoon canola oil 1/2 cup water

#### Directions

Whisk together the flour, baking powder, and sea salt; set aside.

Whisk together the tofu, soy milk, canola oil, and water. Gradually whisk the flour mixture into the tofu mixture, making sure to beat out all lumps between additions.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until lightly browned on the bottom. Flip, and cook until lightly browned on the other side. Repeat with remaining batter.

# Pan-Fried Chinese Pancakes

### Ingredients

1/4 teaspoon salt
3/4 cup warm water
1 cup all-purpose flour
1/4 teaspoon vegetable oil
(optional)

1/4 cup all-purpose flour
1 tablespoon vegetable oil
1 tablespoon Asian (toasted)
sesame oil, or as needed
1/2 cup finely chopped green
onion

1 tablespoon vegetable oil, or as needed

#### **Directions**

Dissolve salt in warm water, and mix in 1 cup of flour to make a soft dough. Turn the dough out onto a well-floured work surface, and knead until slightly springy, about 5 minutes. If the dough is sticky, knead in 1/4 teaspoon of vegetable oil. Divide the dough into 8 equal-size pieces, and keep the pieces covered with a cloth.

In a bowl, mix 1/4 cup of flour with 1 tablespoon vegetable oil to make a mixture like fine crumbs.

On a floured work surface, roll a piece of dough out into a thin square about 5x7 inches in size, brush the dough with toasted sesame oil, and sprinkle lightly with about 1 1/2 teaspoon of the flour-oil mixture. Sprinkle about 1 tablespoon of chopped green onion onto the dough, and spread the onion out evenly. Starting with a long end, roll the dough up into a rope shape, and pinch the seam and the ends closed. Roll the rope shape into a flat spiral, and press lightly with your hands to compact the spiral and keep it from unrolling.

Place the spiral down onto the floured work surface, and gently roll it out into a pancake with the onions folded inside, turning the pancake over often as you roll it out. Roll gently and turn often to avoid making holes in the pancakes. Finished pancakes should be about 5 inches in diameter. Repeat with the rest of the dough pieces, making 8 onion pancakes.

Heat a non-stick skillet over medium heat, and brush with vegetable oil. Pan-fry each pancake in the hot skillet until golden brown on both sides, about 5 minutes per side. Cut into wedges and serve warm.

# Multigrain Pancakes

# Ingredients

1/4 cup whole wheat flour 1/4 cup all-purpose flour 1/4 cup rolled oats 1/4 cup cornmeal 2 teaspoons granular no-calorie sucralose sweetener (e.g., Splenda ®) 1/2 teaspoon salt

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon ground cinnamon

2 egg whites

2 tablespoons plain nonfat yogurt

2 tablespoons skim milk

2 tablespoons water

#### Directions

In a medium bowl, stir together the whole wheat flour, all-purpose flour, oats, cornmeal, sweetener, salt, baking powder, baking soda and cinnamon. In a separate bowl, whisk together the eggs, yogurt, milk and water. Pour the wet ingredients into the dry, and mix just until moistened.

Heat a skillet over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter per pancake onto the skillet. Cook until bubbles begin to form in the center, then flip and cook until browned on the other side.

# Oatmeal and Applesauce Pancakes

# Ingredients

1 cup all-purpose flour
1/3 cup quick cooking oats
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon cinnamon
3/4 cup unsweetened applesauce
1/2 cup fat free sour cream
1 egg, lightly beaten
1 teaspoon vanilla extract
1/3 cup milk

#### **Directions**

Heat a lightly oiled griddle over medium-low heat.

In a bowl, mix the flour, oats, baking powder, baking soda, and cinnamon. In a separate bowl, mix applesauce, sour cream, egg, and vanilla. Stir applesauce mixture and milk into the flour mixture until evenly moist and thick.

Scoop about 1/4 cup batter for each pancake onto the prepared griddle, and cook, turning once, until golden brown on both sides.

### **Best Buckwheat Pancakes**

### Ingredients

- 1 cup buttermilk
- 1 egg
- 3 tablespoons butter, melted
- 6 tablespoons all-purpose flour
- 6 tablespoons buckwheat flour
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3 tablespoons butter

#### Directions

In a medium bowl, whisk together the buttermilk, egg, and melted butter.

In another bowl, mix together white flour, buckwheat flour, sugar, salt and baking soda. Pour the dry ingredients into the egg-mixture. Stir until the two mixtures are just incorporated.

Heat a griddle or large frying pan to medium-hot, and place 1 tablespoon of butter, margarine or oil into it. Let the butter melt before spooning the batter into the frying pan, form 4 inch pancakes out of the batter. Once bubbles form on the top of the pancakes, flip them over, and cook them on the other side for about 3 minutes. Continue with this process until all of the batter has been made into pancakes.

# Manicotti Pancakes I

# Ingredients

- 1 cup all-purpose flour
- 4 eggs
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 cup water

### Directions

Combine flour, eggs, olive oil, salt and water in a medium bowl; stir until smooth. Heat a 7 inch skillet over medium-high heat and lightly brush with olive oil. Ladle enough batter into pan to cover the bottom. Cook until top is set and bottom is brown, about 30 seconds. Lift pancake onto parchment paper and repeat. Stuff with meat or cheese filling, top with tomato sauce and bake.

# Blueberry and Raspberry Pancake Topping

Ingredients	Directions

1 1/2 cups frozen raspberries1 cup frozen blueberries1/2 cup white sugar1/4 cup water

Combine the raspberries, blueberries, sugar, and water in a small saucepan; bring to a boil and cook at a boil for 5 minutes, scraping the bottom as needed to keep from burning. Reduce heat to low; simmer the mixture until thick, about 10 minutes. Serve warm.

# Swiss Potato Pancake

### Ingredients

2 tablespoons butter, divided 2 tablespoons vegetable oil, divided

1 (30 ounce) package frozen shredded hash brown potatoes, thawed

1 teaspoon salt, divided1/4 teaspoon pepper, divided1 1/2 cups shredded Gruyere orSwiss cheeseMinced fresh parsley

#### Directions

In a large nonstick skillet, melt 1 tablespoon butter with 1 tablespoon oil over medium-high heat. Spread half of the potatoes in an even layer in skillet. Season with 1/2 teaspoon salt and 1/8 teaspoon pepper. Sprinkle with cheese, then top with remaining potatoes. Season with remaining salt and pepper. Press mixture gently into skillet. Cook for about 7 minutes or until bottom is browned.

Remove from the heat. Loosen pancake from sides of skillet. Invert pancake onto a plate. Return skillet to heat and heat remaining butter and oil. Slide potato pancake brown side up into skillet. Cook about 7 minutes longer or until bottom is browned and cheese is melted. Slide onto a plate. Sprinkle with parsley and cut into wedges.

# Cinnamon-Peach Cottage Cheese Pancakes

# Ingredients

- 4 eggs
- 1 cup cottage cheese
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 2 tablespoons butter, melted
- 1 peach, shredded
- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 1 pinch salt
- 3/4 teaspoon baking soda
- 1 teaspoon ground cinnamon

#### Directions

Mix eggs, cottage cheese, milk, vanilla, butter, and peach in a large bowl. Combine flour, sugar, salt, baking soda, and cinnamon in a small bowl. Stir flour mixture into the cottage cheese mixture until just combined.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

# Clark Gable Pancakes

# Ingredients

#### 1 cup all-purpose flour

2 tablespoons baking powder

- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil

### Directions

In a medium bowl, stir together the egg, milk, and oil. Add flour, baking powder and salt, mix until smooth.

Pour 1/4 cup of batter for each pancake on hot, oiled griddle. Turn when golden brown. Serve hot.

# Pumpkin Pecan Pancakes

### Ingredients

1 1/2 cups whole wheat pastry flour

1/2 cup multigrain hot cereal (uncooked)

1 1/2 teaspoons baking powder 2 eggs

1 cup milk

3/4 cup pureed pumpkin

3/4 cup plain yogurt

2 teaspoons vanilla extract

1/3 cup white sugar

1/2 teaspoon salt

3/4 cup finely chopped pecans

### **Directions**

In a bowl, combine whole wheat pastry flour, multigrain hot cereal, and baking powder.

In a second bowl, beat eggs and combine with milk, pumpkin, yogurt, vanilla extract, sugar and salt. Add wet ingredients to dry, being careful not to overmix the batter. Fold in pecans.

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Bubbles will start to form in the pancakes. Cook until the edges of the pancakes start to look dry, and a bubble popped near the edge holds its shape. Flip the pancakes over, and continue cooking until the other side is golden brown. Repeat with remaining batter, adding more oil to the griddle if necessary. Stack the pancakes on a plate and keep warm until serving. For larger batches, keep pancakes warm in a single layer on a cooling rack positioned over a baking sheet in a 300 degrees F oven (150 degrees C).

# Oven Pancake with Apples

### Ingredients

#### 2 tablespoons butter

- 1 apple, cored and chopped 6 eggs
- 1 cup all-purpose flour
- 1 cup milk

### **Directions**

Preheat oven to 450 degrees F (230 degrees C). In a large cast iron skillet, heat butter and apples together in oven while preheating. Cook, stirring occasionally, until apples begin to soften.

While apples are cooking, place eggs, flour and milk in a blender or food processor and puree until smooth. Pour batter over apples in preheated skillet and stir briefly to blend with apples. Return skillet to oven and cook for 15 minutes. Reduce heat to 375 degrees and bake for 10 more minutes, until golden brown.

## Awesome Banana Pancakes

## Ingredients

2 cups buttermilk

2 eggs

1 cup all-purpose flour

1 teaspoon baking powder

1/2 teaspoon salt

1 cup mashed bananas

#### Directions

Whisk together the buttermilk and eggs in a bowl until evenly blended; set aside. Stir together the flour, baking powder, and salt in a separate large bowl. Make a well in the center of the dry ingredients and stir in the buttermilk mixture and mashed bananas, being careful not to over mix the batter (the batter will be lumpy). Let the batter sit for at least 1 minute before using.

Heat a large skillet over medium-high heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

# Parsnip Pancakes

# Ingredients

2 pounds parsnips, peeled
1 teaspoon salt
1/2 cup chopped onion
1/4 cup all-purpose flour
1 egg, lightly beaten
1 tablespoon minced chives

### Directions

Place parsnips in a large saucepan and cover with water; add salt. Bring to a boil over medium-high heat. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain and place parsnips in a large bowl; mash. Stir in the onion, flour, egg and chives.

Drop batter by 1/4 cupfuls onto a well-greased hot griddle. Flatten with a spatula. Fry until golden brown; turn and cook until second side is lightly browned. Drain on paper towels.

# Cheater Pancake Syrup

# Ingredients

2 cups white sugar1/2 cup brown sugar1 cup water1/2 teaspoon maple flavored extract1 teaspoon vanilla extract

### Directions

In a saucepan, combine the white sugar, brown sugar and water. Bring to a boil, and cook for about 3 minutes. Stir in the maple extract and vanilla, and remove form the heat. Let cool, and serve at room temperature. Store in a sealed container in the refrigerator. Be aware that it may crystallize a little if the container is not completely airtight.

# Mountain Mama's Potato Pancakes

## Ingredients

2/3 cup instant mashed potato flakes

1/3 cup complete dry pancake mix

1/2 cup chopped onion

1 cup shredded Cheddar cheese

1 cup skim milk

1 egg, beaten

1 tablespoon extra-virgin olive oil

1/2 teaspoon garlic powder salt and pepper to taste

1 pinch cayenne pepper (optional)

### **Directions**

Stir together the potato flakes, pancake mix, onion, Cheddar cheese, milk, egg, olive oil, garlic powder, salt, pepper, and cayenne pepper in a bowl until well combined.

Grease a griddle or large skillet, and place over medium heat. Drop pancakes, 1/4 cup at a time, onto the hot griddle, and cook until the edges look dry and 1 bubble appears in the center, about 3 minutes. Flip the pancakes, and cook until browned on the other side, about 3 more minutes.

#### Manicotti Pancakes II

#### Ingredients

#### 3 eggs

- 1 cup milk
- 1 cup all-purpose flour

#### Directions

Beat eggs and milk together in large bowl. Beat in flour until batter is smooth. Lightly coat an 8 inch skillet or crepe pan on mediumhigh heat with cooking spray. Make one pancake at a time by dropping a large spoonful of batter onto pan and tilting to cover the whole surface of the pan evenly. Cook until golden, turning once, about 2 minutes per pancake.

#### **Oven Pancakes**

#### Ingredients

3 tablespoons white sugar 1/2 teaspoon ground cinnamon 1/3 cup butter

4 eggs

1 cup milk

1 cup all-purpose flour

1 tablespoon confectioners' sugar

#### Directions

Preheat oven to 425 degrees F (220 degrees C). In a small bowl, mix together white sugar and cinnamon; set aside.

Place butter in a 9 inch cake pan and heat in the oven until melted. In a blender or food processor, whip eggs and milk. Pour in flour and beat until well combined. Pour batter into hot pan. Sprinkle on sugar and cinnamon.

Bake in preheated oven for 20 to 25 minutes, or until puffed and golden. Dust with confectioners' sugar; serve warm.

#### Baked Apple-Pecan Maple Pancakes

#### Ingredients

1 cup pancake/waffle mix 1/2 cup milk

1 egg

2 tablespoons butter, melted 1 cup apple - peeled, cored and sliced

1/2 teaspoon ground cinnamon1/3 cup pecans, chopped3 tablespoons maple syrup

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Mix together pancake mix, milk and egg until blended. Set aside.

Pour melted butter in 9-inch pie plate. Place apple slices in bottom of pie plate. Sprinkle cinnamon and pecans over apples and drizzle syrup over top. Pour batter over apples.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until top springs back when touched. Loosen edges and invert onto serving platter. Cut into wedges before serving.

#### Eggnog Pancakes

#### Ingredients

1 1/2 cups all-purpose flour
1 tablespoon sugar
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup eggnog
2 tablespoons clarified butter
1 egg, lightly beaten

#### Directions

Heat a lightly oiled skillet or griddle over medium heat.

In a bowl, mix the flour, sugar, baking powder, and salt. Make a well in the center, and pour in the eggnog, butter, and egg. Mix until dry ingredients are evenly moist.

Pour 1/4 cup batter onto the hot griddle for each pancake. Cook pancakes until bubbly on top. Flip with a spatula, and continue cooking until lightly browned on bottom.

#### German Pancake with Buttermilk Sauce

#### Ingredients

#### 6 eggs

- 1 cup milk
- 1 cup all-purpose flour
- 2 tablespoons butter, melted
- 1 1/2 cups white sugar
- 3/4 cup buttermilk
- 1/2 cup butter
- 2 tablespoons light corn syrup
- 1 teaspoon baking soda
- 2 teaspoons vanilla extract

#### Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking pan with the melted butter.

Place eggs, milk and flour in a blender and whip until smooth. Pour into prepared pan.

Bake in preheated oven for 20 minutes, or until golden.

In a small saucepan, combine sugar, buttermilk, butter, corn syrup, baking soda; boil for 7 minutes. Remove from heat and stir in vanilla. Spoon over slices of pancake.

#### Kamut® and Coconut Milk Pancakes

#### Ingredients

1 cup Kamut® flour
1/8 cup white sugar
2 teaspoons baking powder
2 pinches salt
1 tablespoon mayonnaise
1/4 cup coconut milk
3/4 cup warm water
1/2 teaspoon vanilla extract

#### Directions

Sift together the Kamut® flour, sugar, baking powder, and salt in a large bowl. Whisk together the mayonnaise, coconut milk, water, and vanilla in a separate bowl. Pour the wet ingredients into the dry mixture; stir to combine, but do not over-stir. The batter should be lumpy.

Preheat a griddle or place a large skillet over medium heat; lightly grease the cooking surface.

Measure batter onto the heated cooking surface in about 1/4 cup portions, leaving 1 to 2 inches between each pancake. Allow to cook until bubbles form on the top of the cake; flip and cook 1 minute more. Repeat with remaining batter.

#### Sausage-Peach Puff Pancake

#### Ingredients

drained

1/2 cup all-purpose flour
1 tablespoon sugar
1/8 teaspoon salt
2 eggs, beaten
1/2 cup milk
1 tablespoon butter or margarine
FILLING:
8 links pork sausage, halved

1 (16 ounce) can sliced peaches,

1/3 cup pancake syrup 1 dash ground nutmeg Directions

In a mixing bowl, combine the flour, sugar and salt. Whisk in eggs and milk until smooth. Place the butter in a 9-in. pie plate. Heat at 400 degrees F for 2-3 minutes or until melted. Pour batter into hot plate. Bake for 10-15 minutes or until edges are golden brown.

Meanwhile, in a skillet, cook the sausage over medium heat until no longer pink; drain. Stir in the peaches, syrup and nutmeg. Bring to a boil. Reduce heat, simmer, uncovered, for 7-10 minutes or until sausage and peaches are coated with syrup. Spoon into pancake. Serve immediately.

#### Country Potato Pancakes

#### Ingredients

## 3 large potatoes, peeled 2 eggs, slightly beaten 1 tablespoon grated onion 2 tablespoons all-purpose flour 1 teaspoon salt 1/2 teaspoon baking powder vegetable oil

#### **Directions**

Finely grate potatoes. Drain any liquid. Add eggs, onion, flour, salt and baking powder. In a frying pan, add oil to the depth of 1/8 in.; heat over medium-high (375 degrees F). Drop batter by heaping tablespoonfuls in hot oil. Flatten to form patties. Fry until golden brown then turn and cook other side. Serve immediately.

#### Flourless Oatmeal Blueberry Pancakes

#### Ingredients

2 cups quick cooking oats
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon salt
1/3 cup honey
4 egg whites
1/4 cup milk
1/4 cup coconut oil, melted
1 teaspoon vanilla extract
1 cup fresh blueberries or frozen
blueberries

#### Directions

Combine oats, cinnamon, baking powder, and salt in a bowl. Set aside. Mix honey, egg whites, milk, coconut oil, vanilla extract in a separately bowl. Stir the oat mixture into the egg mixture and mix well.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle and top with blueberries. Cook until bubbles form and the edges are dry, 2 to 3 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter.

#### Pancake and Waffle Mix

#### Ingredients

#### 8 cups all-purpose flour

2 cups buttermilk blend powder

1/2 cup sugar

8 teaspoons baking powder

4 teaspoons baking soda

2 teaspoons salt

ADDITIONAL INGREDIENTS FOR

PANCAKES:

1 egg

1 cup water

2 tablespoons vegetable oil

ADDITIONAL INGREDIENTS FOR

WAFFLES:

3 eggs, separated

2 cups water

1/4 cup vegetable oil

#### Directions

In a large bowl, combine the first six ingredients with a wire whisk. Store in an airtight container in the refrigerator for up to 6 months.

#### Easy Swedish Pancakes

#### Ingredients

- 4 eggs
- 2 cups milk
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1 pinch salt
- 2 tablespoons melted butter

#### Directions

In a large bowl, beat eggs with a wire whisk. Mix in milk, flour, sugar, salt, and melted butter.

Preheat a non-stick electric skillet to medium heat. Pour a thin layer of batter on skillet, and spread to edges. Cook until top surface appears dry. Cut into 2 or 4 sections, and flip with a spatula. Cook for another 2 minutes, or until golden brown. Roll each pancake up, and serve.

#### Dad's Double Whole Grain Pancakes

#### Ingredients

# 1 cup all-purpose flour 1 1/3 cups dry milk powder 1 teaspoon baking powder 1 1/2 teaspoons baking soda 1 teaspoon salt 2 cups whole wheat flour 3/4 cup white sugar 4 eggs, lightly beaten 3 cups water 1/4 cup butter, melted 3 tablespoons vinegar

#### Directions

In a large bowl, sift all-purpose flour, milk powder, baking powder, baking soda and salt. Stir in whole wheat flour. In a small bowl, combine sugar, eggs, water, butter and vinegar. Make a well in the flour mixture, and pour in the egg mixture. Mix until smooth.

Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

#### Fillet Pancakes

#### Ingredients

1 pound skinless, boneless chicken breast meat - finely chopped 1/2 medium onion, finely chopped 3 tablespoons mayonnaise 1 egg, lightly beaten 1/3 cup all-purpose flour 1/2 teaspoon salt and pepper to taste

2 tablespoons vegetable oil

#### Directions

In a large bowl, combine chicken, onion, mayonnaise, egg, flour, salt, and pepper. Mix well.

Heat oil in a skillet over medium heat. Scoop chicken mixture onto the griddle, using approximately 1/4 cup for each cake. Brown on both sides, and serve hot.

#### German Apple Pancake

#### Ingredients

4 eggs

1/2 cup unbleached all-purpose flour

1/2 teaspoon baking powder

1 tablespoon sugar

1 pinch salt

1 cup milk

1 teaspoon vanilla extract

2 tablespoons unsalted butter, melted

1/2 teaspoon ground nutmeg

1/4 cup unsalted butter
1/2 cup white sugar, divided
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1 large tart apple - peeled, cored and sliced

#### Directions

In a large bowl, blend eggs, flour, baking powder, sugar and salt. Gradually mix in milk, stirring constantly. Add vanilla, melted butter and 1/2 teaspoon nutmeg. Let batter stand for 30 minutes or overnight.

Preheat oven to 425 degrees F (220 degrees C).

Melt butter in a 10 inch oven proof skillet, brushing butter up on the sides of the pan. In a small bowl, combine 1/4 cup sugar, cinnamon and 1/2 teaspoon nutmeg. Sprinkle mixture over the butter. Line the pan with apple slices. Sprinkle remaining sugar over apples. Place pan over medium-high heat until the mixture bubbles, then gently pour the batter mixture over the apples.

Bake in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C) and bake for 10 minutes. Slide pancake onto serving platter and cut into wedges.

#### Honey Pancake Puff

#### Ingredients

3 tablespoons butter, divided 6 eggs

- 3 ounces cream cheese, softened
- 1 cup milk
- 3 tablespoons honey
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder

#### **Directions**

Preheat oven to 400 degrees F (200 degrees C). Grease a 9 inch pie plate or cake pan with 1 tablespoon butter.

Place remaining 2 tablespoons butter into pan and place in the oven until butter is melted.

Place eggs, cream cheese, milk, honey, flour, salt and baking powder into a blender; puree until smooth. Remove the plate from the oven and immediately pour the batter into it.

Bake in preheated oven until puffed and dark golden brown, about 20 to 25 minutes. Serve warm with desired toppings.

#### Pineapple Orange Pancakes

#### Ingredients

1 cup all-purpose flour
1 tablespoon white sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 egg
2 tablespoons orange juice
3/4 cup buttermilk
2 tablespoons canola oil
1 (8 ounce) can slices canned pineapple, chopped

#### Directions

Preheat a lightly oiled griddle over medium heat.

In a large bowl, sift together flour, sugar, baking powder, baking soda, and salt.

In a small bowl, beat together egg, orange juice, buttermilk, and canola oil. Whisk into the flour mixture. Stir in pineapple.

Pour batter about 1/4 cup at a time onto the prepared griddle. Cook 1 to 2 minutes, until bubbly. Flip, and continue cooking until lightly browned.

#### Maple Pancakes

#### Ingredients

#### 1 cup all-purpose flour

- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- 1 tablespoon maple syrup

#### Directions

In a bowl, combine flour, baking powder and salt. In another bowl, combine egg, milk, oil and syrup; stir into dry ingredients just until blended. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown (pancakes will be thin).

#### Almond Flour Pancakes

#### Ingredients

- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup almond flour
- 1 tablespoon sugar
- 2 cups low-fat plain yogurt
- 2 eggs, lightly beaten
- 1 tablespoon unsalted butter, melted and cooled

#### Directions

Preheat a non-stick griddle to 375 degrees F (185 degrees C). Lightly grease the cooking surface with butter.

Sift the flour, baking powder, baking soda, and salt together into a mixing bowl. Mix the almond flour and sugar into the flour mixture until just blended. Stir the yogurt, eggs, and butter together in a separate bowl; add to the flour mixture, stirring only until just incorporated. The batter will be thick and airy.

Pour about 1/3 cup of the batter onto your preheated cooking surface, leaving space for the pancakes to expand. Cook until dry around the edges and bubbles have formed over the top, 2 to 3 minutes; turn and continue cooking until done in the middle and golden brown, another 1 to 2 minutes.

#### Pancakes on the Go

#### Ingredients

### 1/2 cup all-purpose flour1/2 cup whole wheat flour10 tablespoons quick cooking oats

1/3 cup packed brown sugar1/2 teaspoon baking soda1/2 teaspoon salt

1 egg

1 1/3 cups buttermilk

2 tablespoons vegetable oil

#### Directions

In a mixing bowl, combine the first six ingredients. In another bowl, beat eggs, buttermilk and oil; stir into dry ingredients and mix well. Pour batter by 1/3 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until the second side is golden brown.